

## **Stages of Periodontitis Treatment**

**Marupova Madina Xikmatullojeva**

Scientific leader, Samarkand State Medical University, Assistant of the Department of  
therapeutic dentistry

**Muxtorov Shoxrux Safar o'g'li, Shodiyorova Xosiyat Kamol qizi, Bozorova Shahnoza**

**Abduhalil qizi, Burxonov Rustam Zulfiqor o'g'li**

Samarkand State Medical University students

**Annotation:** If you notice that your gums are bleeding from time to time, for example, when you brush your teeth or bite into an apple or other solid food, and upon closer inspection you notice that your gums have changed color to bright scarlet and have swelling, you feel bad breath - all these symptoms indicate that you are beginning or have already begun periodontitis. Due to the constantly forming plaque on the teeth, if you do not consult a doctor in time, a so-called gum pocket may form, where food debris will fall, as well as infection, which will gradually destroy healthy tissue around the tooth and lead first to loosening of the damaged tooth, and then and even to its loss within a couple of months. Also, in the later stages of periodontitis, pus forms in the gum pockets, resulting in throbbing pain and increased temperature.

**Keywords:** suppuration, periodontitis, dental diseases, gum diseases, manifestations of periodontitis, methods of treatment of periodontitis.

### **Causes of periodontitis, which is an inflammatory disease**

1. Firstly, as already mentioned, the inflammatory process occurs due to infection, which in turn occurs against the background of accumulating plaque and poor oral hygiene as a result of the proliferation of bacteria that appear in areas where food particles are deposited.
2. Secondly, periodontitis can be triggered by various chronic diseases, as well as weakened immunity.
3. Thirdly, bad habits such as smoking and alcohol can also cause the development of periodontitis. In addition to the above, malocclusion and various dental injuries, which result in destruction of periodontal tissues, are often considered as unfavorable factors influencing the appearance of inflammation in the gums.
4. The picture below shows the stages of development of periodontitis.

Unlike periodontitis, periodontal disease does not have pronounced symptoms and very often occurs unnoticed by humans. The only noticeable factor in determining periodontal disease is the exposure of the neck of the tooth and as a result, you may experience increased tooth sensitivity in this area. If infection does not occur, then the process of destruction of the tooth and periodontal tissues can last quite a long time. Loosening of a tooth can only occur when its neck is deeply exposed. If you have periodontal disease, you may experience a slight itching sensation at the exposed necks of your teeth. However, this disease can also lead to tooth loss and

displacement of the rest due to severe mobility of the dentition, so if you notice these symptoms, be sure to visit your dentist.

What are the causes of periodontal disease? It has not yet been precisely established as a result of what and under the influence of what factors periodontal disease occurs. However, it is believed that among the causes leading to periodontal disease are diseases of the gastrointestinal tract, diabetes mellitus, atherosclerosis, disturbances in the functioning of the cardiovascular system, lack of vitamins - hypovitaminosis, osteoporosis, as well as hereditary factors.

### **Degrees and stages of periodontitis**

#### **Healthy bone and gums – healthy periodontium:**

- No infection
- No unpleasant odor
- No unpleasant taste
- No bleeding
- No pus
- No pain

#### **The initial stage of gum disease is swollen gums (gingivitis)**

- Swelling and inflammation of the gums
- Noticeable unpleasant odor
- No unpleasant aftertaste
- Bleeding sometimes occurs when brushing your teeth with a toothbrush.
- No pus
- No pain

#### **Mild gum and bone disease – mild periodontitis**

- Infected bone and gums
- Pronounced unpleasant odor
- Sometimes there is an unpleasant taste
- When brushing your teeth with a toothbrush, bleeding and suppuration occur.
- No pain
- Small amount of bone lost

#### **Severe gum and bone disease - severe periodontitis**

- Severe infection of gums and bones
- Pronounced unpleasant smell and taste
- Constant bleeding and suppuration when eating and brushing your teeth with a toothbrush.
- Sometimes there is a dull, diffuse pain
- Severe bone loss
- Marked mobility and displacement of teeth

### **The final stage of gum and bone disease is the final stage of periodontitis.**

- Total infection of gums and bones
- Intense unpleasant odor and taste
- Constant signs of bleeding and suppuration
- Constant discomfort (dull and diffuse pain)
- Almost complete loss of supporting bone
- Severe mobility and unsightly appearance of teeth

### **Completely edentulous upper and lower jaws – complete absence of teeth**

- The smell of “removable dentures”
- No infection
- No unpleasant aftertaste
- No bleeding
- No pus
- No pain

### **Types of periodontitis**

Generalized periodontitis The signs of this type of periodontitis are dental plaque that turns into tartar. All this is accompanied by an unpleasant odor from the mouth. The reaction to dental plaque is inflammation of the dens on the underlying tissue. The patient experiences swelling of the gums, accompanied by abundant dental deposits inside the periodontal pocket.

Treatment of generalized periodontitis should be comprehensive and sometimes with the help of surgical intervention (elimination of periodontal pockets). In case of deep periodontitis, splinting of teeth or dentures is possible.

There are 2 types of chronic periodontitis: mild and severe.

Mild chronic periodontitis is characterized by bleeding gums. Accompanied by an unpleasant odor from the mouth and a change in the color of the gums and its shape.

Severe chronic periodontitis is characterized by impaired chewing functions, pain in the gums, and tooth loss. Brushing your teeth is accompanied by severe pain. The depth of pathological pockets is usually more than 5-6 mm. With exacerbation of chronic periodontitis, there is a discharge of pus from the periodontal pocket and swelling of the gums.

Modern dental treatments can help you keep your teeth healthy throughout your life. The basis of dental health is the condition of the surrounding bone and gums. Without maintaining periodontal health, teeth will eventually be lost. This article is intended to give you a clear understanding of the changes that occur in areas hidden from view if active and regular periodontal maintenance treatment is not carried out.

Lack of proper dental care and timely diagnosis by a doctor can lead to diseases such as periodontitis and gingivitis (an advanced form of periodontitis). Our doctors and hygienists are highly qualified, which allows them to carry out effective prevention, timely detection and adequate treatment of periodontal disease. Remember that adherence to periodontal treatment and regular visits to the dental clinic are the main conditions for maintaining healthy teeth over a long period of time.

### **Basic methods of treating periodontal disease and periodontitis.**

During the examination at the clinic, an experienced therapist will give you the correct diagnosis and, if necessary, take an X-ray of the jaw, which will clearly show the whole picture of the

disease and provide the necessary treatment. You may also be prescribed additional examinations: rheography (blood filling of periodontal tissues), polarography (analysis that determines the level of oxygen in tissues), and echo-osteometry (density of the dental bone structure).

For proper and effective treatment, you will also be recommended to visit specialists such as an orthodontist, endocrinologist, cardiologist, immunologist and others.

If you are diagnosed with periodontal disease, comprehensive treatment is carried out:

First, they will definitely remove all deposits from the teeth, since they will interfere with the penetration of the necessary medications and inhibit their effect on the gums. To treat periodontal disease, you will be prescribed medications that improve cell nutrition, normalize metabolic processes, various immunostimulants, and nervous system stimulants. Along with drug treatment, you will need to follow a special diet, which will include various fruits, lots of vegetables, and seafood - all this to strengthen your immunity. Then procedures such as electrophoresis, gum massage and gum shower will be prescribed which improve blood exchange processes in the gums. They may also prescribe phonophoresis, laser therapy and other procedures. If the teeth are very loose, then they use the splinting method - when the teeth are held in place using a special splint tape, which can be removable or non-removable.

#### **References:**

1. Максимовский Ю.М., Митронин А.В. Терапевтическая стоматология / М. Гэотар-Медиа, 2012. – 322 с.
2. Терапевтическая стоматология: учебник: в 3 частях. Ч.3. Заболевания слизистой оболочки полости рта, – под ред. Проф. Г. М. Барера. - Москва: ГЭОТАР-Медиа. – 2010- - 245 с.
3. Хирургическая стоматология: учебник. Афанасьев В.В. М.: Гэотар- Медиа, 2011
4. История медицины: учебник Ю. П. Лисицын М.: Гэотар- Медиа, 2011
5. Биоэтика: учеб. Пособие для студентов мед. вузов / Ю. М. Хрусталеv М.: Медицина, 2011
6. Научно- исследовательская работа кафедры хирургической стоматологии и челюстно-лицевой хирургии: монография Ивасенко П.И. и др. Омск: Изд-во ОмГМА, 2007
7. Терапевтическая стоматология. Болезни пародонта: учебник: в 3 ч. / Под ред. Г. М. Барера. - М. ГЭОТАР-Медиа, 2013. - Ч. 2. - 224 с. ил.