SCENARIO:

The patient is a 25-year-old female who is overall healthy with no medical condition. She has family history of diabetes. She is not taking any medications and not allergic to anything. She brushes her teeth twice daily. She smokes three cigarettes a day and occasionally drinks alcohol.

Currently she is seeing the dentist for bleeding gums. (Main Symptom)

“Conversation Starts”

(The text highlighted in blue is the dental history including patient’s symptoms for which he is attending surgery).

Dentist: Good morning! How can I help you?

Patient: Good morning, Doctor. I’ve been having some concerns about my gums bleeding.

Dentist: I see. How long have you been experiencing this issue? When does the bleeding occur?

Patient: It's been a couple of weeks now. I notice some bleeding when I brush my teeth and sometimes when I eat solid foods.

Dentist: Okay. Let's take a closer look. Before we start, I need to ask you a few questions. Have you had any changes in your diet, or have you started any new medications recently?

Patient: No, my diet hasn’t changed, and I’m not on any new medications. I try to eat healthy.

Dentist: That’s good to know. Are you experiencing any pain or discomfort, or is it just the bleeding?

Patient: It’s mainly the bleeding. Occasionally, my gums feel a bit sensitive, but it’s not painful.

Dentist: Do you brush hard?

Patient: Normally I do not brush hard.

Dentist: Ok. How often do you brush and floss your teeth?

Patient: I brush twice a day, but I must admit I don’t floss regularly. I try to floss a few times a week, but I often forget.

(The text in green is dental hygiene history)

Dentist: Do you take healthy diet. Do you snack on sugary food between meals.

Patient: I take healthy diet. Umm! Sometimes I do snack on sugary food between meals.

(This is dietary habits or history)

Dentist: Do you have any health condition. Are you taking any medications and are you allergic to anything?

Patient: I have no medical condition. But there is diabetes running in my family. I am not taking any medications and have no known allergies.

(This is medical history).

Dentist: What do you do for living?

Patient: I live with my family. I work part time in a grocery store.

(Family history and Socio-Economic history)

Dentist: Let’s look into your mouth

(The dentist examines the patient’s mouth).

This is examination.

Dentist: I can see some inflammation in your gums, particularly around your back teeth called molars. This could be a sign of early gingivitis, which is a gum disease. It’s usually caused by plaque buildup.

(Diagnosis)

Patient: Oh no, that sounds serious. Is it something that can be treated?

Dentist: Yes, gingivitis is quite common and can be treated effectively, especially since we've caught it early. The key is improving your oral hygiene routine. I’ll demonstrate proper brushing and flossing techniques for you, and I recommend using an antimicrobial mouthwash to help reduce bacteria in your mouth.

Consistent oral hygiene is crucial for maintaining healthy gums. Flossing daily can help remove plaque buildup between your teeth and under your gumline, which can reduce bleeding.

Patient: That sounds manageable. How long does it usually take to see improvement?

Dentist: With consistent care, you should start noticing improvements within a few weeks. The bleeding and inflammation should reduce as your gums become healthier. In addition to brushing and flossing, make sure to schedule regular dental cleanings. We recommend a professional cleaning at least every six months.

Patient: Thank you, Doctor. I’ll work on my routine. Is there anything specific I should avoid eating or drinking?

Dentist: It’s best to avoid very sugary or acidic foods and drinks, as they can contribute to plaque buildup and irritate your gums. Also, try to limit snacking between meals, as this can increase the risk of plaque forming. Drinking plenty of water and maintaining a balanced diet rich in vitamins, particularly vitamin C and calcium, can support your oral health.

Secondly, its very important that you reduce daily smoking until you stop it. Smoking can affect gums health and cause them to bleed.

Patient: Oh! I see. That makes sense. I’ll try to be more mindful of that. Is there anything else I should be aware of?

Dentist: If you notice the bleeding getting worse or if you start experiencing pain, swelling, or bad breath, please make an appointment to see me right away. These could be signs of more advanced gum disease, which requires more intensive treatment.

Patient: I’ll keep an eye on it. Thank you for your help, Doctor.

Dentist: You’re welcome. Before you go, let’s set up an appointment for a professional cleaning. We’ll also schedule a follow-up visit in a few weeks to check on your progress.

Patient: Sounds good. Thank you again for your advice and for taking the time to explain everything.

Dentist: It’s my pleasure. Remember, maintaining good oral hygiene is the best way to keep your gums healthy. If you have any questions or concerns before your next appointment, don’t hesitate to reach out.

Patient: I will. Thank you, Doctor. Have a great day!

Dentist: You too! Take care and I’ll see you soon.

(The dentist discusses treatment plan along with oral hygiene instructions).

Conversation Ends