

# What is “Periodontal Therapy?”

**Periodontal (gum) disease is not curable - but it is controllable.**

Periodontal Therapy is a “conservative” (non surgical) program consisting of a series of 2, 4, or 6 visits to control gum disease.

If you are diagnosed with periodontal disease; pockets (deeper or greater) than 3 mm with bleeding points upon non-traumatic probing; your dentist may recommend a periodontal therapy program to control your disease. The severity of the periodontal disease determines the length of your program. Our goal is to eliminate bleeding and mouth odor, as well as reduce pocket depths to eliminate bacterial re-infection. Remember: Healthy gums never bleed!

The therapy consists of ultrasonic scaling (a device utilized for the removal of calculus, stain, and bacterial toxins on teeth utilizing the principle of high frequency vibration), hand scaling, root planning (smoothes roots) and curettage (removes diseased tissue), and irrigation with antibiotics. Depending on the severity of disease, we may recommend oral antibiotics, fluoride treatment, and antibacterial rinses. Also, a home-care regimen of toothbrushing and flossing is instructed in conjunction with other home-care devices (specific electric toothbrushes) which may be required for continued health of your tissues.

We want your Periodontal Therapy to be a pleasant, comfortable, healthy and personally rewarding experience. For your comfort, topical anesthetic and local anesthetic are routinely used. As always, nitrous oxide, oral valium and tranquilizers are available for your relaxation.

After therapy, your hygienist will see you for a periodontal maintenance visit to evaluate the success of your Periodontal Therapy. Pocket depths and bleeding points will be remeasured, checked, and treated as needed.

It takes six months to one year before new gum attachment fibers become mature and more resistant to bacterial re-infection, therefore the doctor/hygienist recommends a three month recall/continuing care interval so that your level of periodontal health can be monitored and maintained. As your mouth continues healing, the interval between hygiene appointments will be evaluated according to your individual progress and the rate of calculus formation.

Your personal home care is the determining factor in the continued success of your

treatment. We will do our best to assist you in anyway necessary to have healthy tissues surrounding your tooth for a lifetime.