

## Periodontal Therapy Treatment Plan

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This is your intended treatment plan which will commence at your next appointment. Your response to therapy will be assessed at a follow up appointment.

### 1. Initial Periodontal Treatment

#### A. Scaling and Root Planning

In the first phase of your treatment, special instruments will be used to carefully and thoroughly clean (debride) and polish each tooth and its root surfaces. The aim is to clean deep below the gum line and remove all calculus deposits and debris. This is usually completed over several appointments using local anaesthetic to minimise discomfort.

#### B. Oral Hygiene Education

The long term success of periodontal therapy is dependent on you being able to effectively remove plaque on a daily basis. If plaque is not being removed daily, bacteria will accumulate and cause the symptoms of periodontal disease to reoccur. We will provide you with a easy to understand plan of how to brush your teeth to maintain good oral health.



### 2. Assessing the Response to Treatment

After a healing period of several weeks, we will assess your response to the initial treatment at a follow-up appointment. There can be great variation between peoples' reactions to periodontal treatment, due to the different inflammatory responses to plaque and calculus within the population. Occasionally (less than 10% of the time), the areas of inflammation do not respond to scaling and root planning. In these instances, gum access surgery may be required to facilitate the removal of retained plaque and calculus.

### 3. Periodontal Maintenance - 'Keeping your teeth for life'

Any treatment we undertake will not change your body's inflammatory reaction to the presence of plaque, and thus we can never fully 'cure' your gum disease. However, if all the plaque or calculus is removed, there can be no inflammatory response, thus it is possible to maintain the health of your teeth and gums for the long term and keep your teeth for life.

With continual monitoring, we can prevent the recurrence of periodontal disease in areas where plaque is inadvertently left on the teeth. After the initial problems are brought under control a regular review interval will be established which is optimal for you to keep your gums free of plaque and bleeding. This will be shared between your general dentist and our periodontal clinic.



### Periodontal Surgery

In some cases, traditional periodontal therapy (utilising only scaling and root planning) is unable to completely remove the calculus deposits. These deposits may be inaccessible due to spaces under the molar teeth, bony spaces that are awkward to access or gum interference.

## Your Periodontal Therapy Appointment

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Your comfort is our priority during the treatment and we will do our best to ensure that the experience is as painless and relaxed as possible. To assist it is important to prepare yourself for certain aspects of the treatment.

**Local anaesthetic:** To enable thorough cleaning without causing you any pain we use a local anaesthetic. A topical anaesthetic gel will be applied to your mouth and gums before the injections.

You can expect your mouth to be numb for approximately three hours after your treatment so it is best to have something to eat before your appointment and wait until after the anaesthetic has thoroughly worn off before you eat afterwards.

**During the procedure:** The instruments we use can generate a lot of water, noise and vibration and some patients find it uncomfortable. Although you should not be able to feel any pain or sensitivity and all water will be removed with suction by the dental nurse, you may feel better by using a personal music player like an Ipod.

**After the appointment:** It is normal for minor pain and swelling to occur for a few days after treatment. It is important to follow the post treatment instructions that will be provided to you at the completion of your appointment, especially if any medications such as pain relief or antibiotics are prescribed.

**Root surface sensitivity:** Root surface sensitivity is common after periodontal treatment and it is best managed with daily fluoride mouth rinses and other topical applications as will be outlined after your appointment.

**Gum recession:** Please note that following successful periodontal treatment the gum usually shrinks back as the swelling of the gum inflammation resolves. In some instances where there has been extensive bone loss around the tooth, noticeable spaces or gaps will appear between the teeth. This gum recession can create an aesthetic concern if it occurs on the upper front teeth. In some cases we can address this after the periodontal disease has been stabilised.

## Will it work?

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Given your susceptibility to gum disease, you will always be at risk of further periodontal destruction. This potentially serious condition is prevented by ensuring adequate plaque control and gum health along with periodic periodontal assessments.

Once your periodontal therapy is completed, it is very important that we are able to **assess your periodontal status at least once a year to monitor** the 'biological health' of the soft and hard tissues around your teeth.

Providing you are a non-smoker if watch your general health and attend periodic assessments, we can work with you to proactively manage your long term teeth survival

## Fees

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Fees for this procedure were outlined with you at your appointment and please feel free to further discuss payment options with the reception staff.