

Periodontal Therapy Treatment Plan

This document 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. Debridement and Laser Assisted New Attachment Protocol (LANAP)

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 a local anaesthetic to minimise discomfort. This may be done in conjunction with special lasers to improve the access, minimise the pain, minimise the recession (shrinkage) and improve the results.

B. Oral Hygiene Education

The long-term success of periodontal therapy is dependent on you being able to remove plaque on a daily basis effectively. If plaque is not being removed daily, bacteria will accumulate and cause the symptoms of periodontal disease to reoccur. We will provide you with an easy to understand the 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 considerable 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. Supportive Periodontal Therapy (SPT) 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 the 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, further therapy or regeneration may be indicated. This could include gum surgery or even rebuilding bone. In these cases, we may need to undertake additional surgical treatment

and prescribe specific antibiotics and/or mouthwashes to get the periodontal disease under control.

Your Periodontal Therapy Appointment

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 after your appointment, especially if any medications such as pain relief or antibiotics are prescribed.

Root surface sensitivity: Root surface sensitivity is common after traditional periodontal treatment, and it is best managed with daily fluoride mouth rinses and other topical applications as will be outlined after your appointment. If you are eligible for LANAP therapy, then this should be minimal.

Gum recession: Please note that following successful traditional 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, post-treatment, we can address this after the periodontal disease has been stabilised. Once again, if you are eligible for LANAP therapy, then this should be minimal.

Will it work?

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, we must be 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 you watch your general health and attend periodic assessments, we can work with you to proactively manage your long-term teeth survival.

Fees

We will provide you with a quote for all procedures before commencing treatment. If you have any concerns about the quote, please speak to your periodontist or the reception staff before starting a procedure. Please feel free to further discuss payment options with the reception staff.

The most effective way to reduce your dental costs is to follow the preventative dental advice that you have been provided, and undertake the regular periodontal maintenance program that has been individually tailored for your dental health.

Professional Dental Fees & Your Health Insurance

The Federal Government does not subsidise dental fees, and there is no Medicare rebate.

The Australian Dental Association (ADA) publishes '*The Australian Schedule of Dental Services and Glossary*' which has been universally accepted as the definitive coding system of dental treatment and is endorsed by the National Coding Centre.

A three-digit code is assigned to each defined dental procedure. Fees will vary between dental practices, as they are set to take into account the individual costs of providing a service. The fees charged in this practice are kept in accordance with the level of care provided, ensuring the highest quality treatment possible.

Dental cover as part of your private health insurance:

If you have dental cover, please check with your health insurance provider to determine your eligibility for partial reimbursement for fees quoted. The rebates available vary between providers, and we recommend you quote the ADA code numbers listed in your treatment plan to determine your 'out of pocket' expenses.

When you take out health insurance to cover your dental fees, you should be aware that:

1. Each health fund determines what level of rebates it will pay, based on its commercial requirements. In many cases, the rebates for common dental item numbers are unlikely to cover more than 60% of fees and may cover less than 20% of the cost of complex and expensive procedures.
2. If you have a problem with your private health insurance, you should contact the fund directly. If you are unable to reach a satisfactory agreement with your fund, contact the Private Health Insurance Ombudsman, an independent body formed to help resolve complaints and provide advice.

The Ombudsman can be reached on 1800 640 695 or by writing to Suite 1201, Level 12, St Martins Tower, 31 Market Street, Sydney NSW 200. Fax: 02 9261 5937. Email: info@phio.org.au.