



## WHAT TO EXPECT ON THE DAY OF CONSERVATIVE DEBRIDEMENT THERAPY

---

1. The initial treatment time length will vary depending on the severity and number of teeth required to be treated. Some treatment times are as short as 30mins; other treatments will take up to 4 hours.
2. We strongly suggest you wear comfortable clothing, maybe even a little bit warmer than usual as we keep the room at approximately 20 degrees Celsius. The Periodontists and staff are wearing surgical gowns for everyone's protection. The gowns can get quite hot underneath.
3. You will be greeted at the front desk as per usual and asked about any updates to your medical history and any other issue pertinent at the time.
4. **You will be asked for a signed copy of your consent form. If you do not have one, the staff will reprint a consent form for you. The expectation is that you have read all the material previously provided and understand what is going on.**
5. The periodontist or the surgical assistant will take you into the surgery to recheck what is planned for the session.
6. A topical numbing gel will be applied. The gel does not taste very nice but does help later on. Please do not swallow this, as it can make the back of the throat go numb and feel like you cannot swallow or breathe. Relax, you can; it will go away on its own after 5-15mins depending on the amount ingested.
7. Potentially more photographs will be taken.
8. Local anaesthesia (LA) will be given. This part of the procedure is, unfortunately, the most uncomfortable part. We will ask you not to put your headphones on yet as we are continuously reassuring you and checking there are no issues with the anaesthetic.
9. Any required additional x-rays will be taken. The X-rays will usually be positioned on the teeth or implants that are planned for the treatment
10. Then the procedure itself will begin.
11. We might use a rubber item called Optragate. It helps keep your mouth open and protect your lips. It is not essential, and if you can't tolerate it, we can work around it. It just helps us work faster.
12. This will consist of an initial clean of your teeth with our Guided Biofilm Therapy (GBT) system. This system is unique as it mixes warm air and warm water with specialised powders to effectively remove stains and soft debris off your teeth with minimal impact to the surrounding gums.
13. Then comes the cleaning. We frequently work on one quarter or one half of the mouth at a time
14. There is a lot of water due to the required cooling mechanisms of the instruments, sometimes minty!
15. On occasions, we will use hand instruments as well. You might hear some scraping and feel the pressure. Frequently we have to sharpen the instruments mid procedure to maintain efficiency. This noise can also be unsettling, but if at any time you need to stop, then please indicate. We allocate time for you to stop and have a dedicated half time break.
16. Once we have cleaned all the areas, then we will check all the gums are stabilised
17. We will frequently assess your bite with some marking paper on teeth we suspect have too much pressure being applied. On the area that needs the pressure reduction, we will use little polishing discs predominantly or, in some case, diamond burs on fillings and crowns. It will be challenging to judge the pressure due to the local anesthetic, but we might change your position and sit you up and try to get some feedback on how you feel your teeth are coming together
18. Sometimes we will then fabricate a temporary splint. This is designed to be used only briefly (2-8 weeks) until we can get your dentist to make a more long term occlusal splint.
19. The staff will review the post-op instructions with you again.
20. You can leave!



## POSTOPERATIVE INSTRUCTIONS (AFTER THE PROCEDURE)

The proactive perio clinicians' primary concern is for your comfort and safety. They may prescribe antibiotics to reduce an infection's likelihood. They may prescribe anti-inflammatories to control micro-inflammation and swelling. The clinicians may prescribe painkillers to help you to manage your pain. If prescribed, you will need to start taking these medications on the day of surgery. Some patients choose to take Valium before the procedure – this is to help you relax. If you decide to take Valium, someone else **MUST** drive you to and from our clinic.

1. The following symptoms may occur:
  - > Light bleeding
  - > Slight swelling
  - > Some soreness, tenderness, or tooth sensitivity
2. Swelling may occur. To keep swelling to a minimum, gently place an ice pack on the outside of the face for 20 minutes each hour until bedtime. Do not continue using the ice pack beyond the day of the periodontal surgery.
3. Some oozing of blood may occur and will appear to be greatly exaggerated when it dissolves in saliva. Determine the side of oozing and place pressure on this area. If you cannot locate the origin of the bleeding, rinse your mouth gently with iced water and apply a wet tea bag to the general area
4. **Please contact Proactive Perio if any of the following occurs:**
  - > Prolonged or severe pain
  - > Prolonged or excessive bleeding
  - > Considerably elevated or persistent temperature (Fever)
  - > Sores on the roof of your mouth (Blisters)
5. If medications have been prescribed, please take exactly as directed. If antibiotics are prescribed, the entire course should be taken for the stated number of days or weeks. We also recommended the use of Ibuprofen, primarily to minimise tissue swelling and inflammation. Ibuprofen also helps reduce postoperative pain and sensitivity. Ibuprofen is non-narcotic and does not affect your ability to drive. Never place aspirin directly on the tissue of a painful area.
6. Reduce physical activity for several hours following the treatment to maximise healing. No heavy lifting for 48 hours.

**If you have been taken off blood thinners (Coumadin, Warfarin, etc.), or if your current medications have been altered at all due to your dental surgery, you must contact your general practitioner or specialist physician ASAP to determine if and when you should resume your medicines. Delaying this telephone call could have potential life-threatening or other serious consequences.**

## LONGER-TERM CARE

Periodontal disease is a chronic infection. THERE IS NO CURE FOR PERIODONTAL DISEASE. Conservative debridement therapy aims to reverse some of the effects of the disease and help you maintain a healthy mouth.

**Your home care is critical.**

1. Your periodontist will make certain recommendations regarding your home care specific to your needs.
2. These recommendations may include the use of an electric toothbrush and interproximal brushes.
3. It cannot be stressed enough the importance of good daily hygiene habits.

You will still need to see a periodontist at least annually. By continuing this partnership, we will help you to treat this severe disease. Our goal is to help you obtain the best care for your mouth and preserve good overall health.

## SMOKERS/TOBACCO USERS WARNING

Tobacco has an enormous effect on your gums' health and the disease that we are treating. Tobacco is associated with an increased disease rate in terms of loss of the bone and gums that are holding your teeth in and an increase in the space between the gums and teeth. Tobacco is a significant factor for chronic gum disease.

Any smoking and chewing tobacco will harm your healing progress and cause gum disease to reoccur after treatment. If you smoke or chew tobacco, we highly recommend not to do so while you are healing or any time afterwards.