

Periodontal Maintenance Therapy

Periodontal Maintenance Therapy is an ongoing and personalized program designed to prevent the spread of disease in the gum tissue and surrounding bone that supports your teeth. Maintenance therapy is essential for removing the plaque and calculus (tartar) that form above and below the gumline. Plaque is a sticky film of bacteria that constantly attacks your gums and teeth, and when not removed, hardens to form a rough deposit known as calculus. No matter how carefully you clean your teeth and gums at home. Plaque is constantly forming and can cause a recurrence of periodontal disease within two to four months of a professional cleaning – especially in the deep pocket areas.

How is this type of therapy different from a regular dental cleaning?

Regular dental cleaning, prophylaxis, is performed on patients that have not had treatment to periodontal disease, and are not at high risk for toothloss due to periodontal disease.

What is included in Periodontal Maintenance Therapy

At each periodontal maintenance visit an assessment is made of your periodontal health by measuring the depths of the pockets around the teeth, scaling the teeth to remove bacterial plaque and calculus, reviewing your plaque control efficiency at home, taking any necessary x-rays to evaluate teeth and supporting structures, and evaluating your need for further treatment.

(continued on back)

Periodontal Maintenance Therapy (continued)

How often should you have maintenance visits?

The extent and type of your periodontal disease, and your healing ability, will determine the frequency of your maintenance visits. Your response to therapy is influenced by the effectiveness of your plaque control, the different rates of plaque growth and factors that increase your risk of periodontal disease, such as smoking. The interval between Periodontal Maintenance visits varies with a recommendation of three, four or six months, depending on your needs.

THE BEST WAY to prevent periodontal disease and tooth loss is to follow the recommendations in your individual Periodontal Maintenance Therapy Program.