



*A fresh approach to modern dentistry*

**Nicole T. Gordon, DMD**

### Periodontal Therapy Information

**Congratulations on taking one of the first steps of investing in your health.**

Initial periodontal therapy, scaling and root planning (SRP), is an extensive process to remove calculus (tartar) from below the gum line and also to smooth rough root surfaces. The goal of initial periodontal therapy is to reduce pocket depths and improve or restore periodontal health. Some times SRP eliminates the need for surgery, but your disease stage, home care compliance and ability to heal are important factors.

Here is what to expect the first 48 hours after treatment:

- Your gums may be sore and appear inflamed. Slight bleeding may occur while brushing. Bleeding should decrease after two to three days with proper brushing and flossing.
- Some teeth may be sensitive to temperature.
- The sensation of your bite may be different.
- Slight discomfort generalized throughout your mouth. Ibuprofen (Advil, Motrin) may help.
- As your gums heal, inflammation will subside and root surfaces may be exposed. This may result in more open spaces between teeth.

Until your next visit (3 months after treatment):

- Homecare is **KEY** to the success of this treatment.
- Brush for two minutes at least two times a day or more. An ultrasonic (Sonicare) toothbrush is very effective, but is not an alternative to flossing.
- Floss daily. Avoid WaterPiks.
- Extras: If you desire to a mouth rinse, some excellent over-the-counter products include Crest Prohealth and The Natural Dentist (Healthy Gums). Listerine is also effective, but because it contains alcohol, it is not for everyone, especially those with xerostomia (dry mouth). Salt water rinsing can help tender gums.

After your initial scaling and root planing treatment you will be scheduled every three months for dental cleanings called periodontal maintenance appointments. At the periodontal maintenance appointment your periodontal health will be re-evaluated. As long as you keep these appointments, any charges for isolated scaling and root planing will be absorbed into the cost of the cleaning. Your first periodontal maintenance appointment may be scheduled for more than 1-hour, but after the first one, subsequent appointments will be limited to just one hour. At this first periodontal maintenance visit, we may prescribe a rinse or local antibiotic.

\_\_\_\_ I understand the recommended treatment, the risks of such treatment, and the consequences of doing nothing about my condition, and the fee(s) involved. After initial therapy (Scaling and Root Planing), I understand that I may be referred to a periodontist, require surgery, or possibly lose teeth as initial therapy may not be enough to arrest my disease. Causes and severity of periodontal disease are complex.

\_\_\_\_ I have the right to refuse treatment and agree to release from liability and hold harmless this office and Dr. Gordon. I understand that periodontal disease is progressive and failure to treat this disease as recommended may result in bone loss, tooth loss and acute illness.

Patient Signature \_\_\_\_\_ Date \_\_\_\_\_

Witness \_\_\_\_\_ Doctor \_\_\_\_\_