



MAINTENANCE THERAPY

Maintenance therapy is critical to the stabilization of your periodontal condition. The goal of the therapy is to monitor and maintain the optimal oral health that has been achieved through previous periodontal therapy.

Maintenance appointments are important to help prevent further progression of periodontal disease by the removal of deposits which have accumulated since your last visit. We will recommend appointments at specific time intervals appropriate to your periodontal needs. The most common time interval is every 3 months.

We will be performing some or all of the following procedures during your therapy appointments:

Scaling and Root Planing: this is the removal of any plaque and calculus accumulations from the crowns and roots of the teeth.

Pocket Irrigation: this is the flushing of any remaining pockets with a warm solution containing an antiplaque agent.

Polishing: this is the removal of stain and plaque from crowns of the teeth after the scaling and root planing is completed.

Anaesthetic: normally maintenance therapy does not require the use of a local anaesthetic. However, if the area being treated is very sensitive, we can administer a local anaesthetic to reduce any discomfort you may have during the appointment.

EVALUATION APPOINTMENT

Your periodontal condition will be re-evaluated on an ongoing basis to establish the current status of your health, take periodontal measurements, assess the level of plaque control and to determine whether or not there is active disease present.

YOUR GENERAL DENTAL HEALTH

Although we will point out to you and your dentist any obvious areas of decay or dental needs, we do not specifically look for decay. Our main concern is the health of the gums and bone around the teeth. **Therefore, it is imperative to have at least a yearly check-up with your dentist to determine if any other dental work is needed.** We also suggest that polishing and fluoride treatments be done at your regular appointments with your family dentist.