



INITIAL THERAPY / ROOT PLANING / CURETTAGE

Initial therapy appointments are critical to begin the healing process of your gums. The goal of this therapy is:

1. To educate you about the causes of your periodontal disease and to provide you with oral hygiene home care instructions.
2. To remove deposits of tartar and plaque both above and below the gumline from all teeth and to smooth all roots.
3. To smooth any irritating overhanging filling margins.
4. To encourage closure of the periodontal pockets through reattachment of the gum to the root surface, and by shrinkage of the gum tissue.

The number of appointments you will need to complete this therapy is reflective of the extent of disease and deposits present. The healing process can only begin once the deposits have been removed and the disease has been brought under control.

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

Scaling: this is the removal of calculus (tartar) deposits from the crowns and roots of the teeth, mainly above the gumline.

Root Planing: this is the removal of a thin layer of the diseased root surface after all of the calculus has been removed. This is mainly done below the gumline within the pocket.

Polishing: this is the removal of stain and plaque from the crowns of the teeth after the scaling and root planing is completed. This is not required in all cases.

Overhang Removal: this is the smoothing of improperly contoured filling margins.

Anaesthetic: we usually administer a local anaesthetic to numb the area and prevent any discomfort during the initial therapy appointments. You may find that the teeth are sensitive to temperature after the root planing appointment. This usually decreases with improvement in the health of the gums and with thorough plaque control.

RE-EVALUATION APPOINTMENT

Your periodontal status will be re-evaluated once this initial therapy has been completed. If your disease is more advanced, additional treatments may be required. This is a critical appointment because it allows us to assess the results of the initial therapy. The next stage of treatment will be determined on the basis of the results obtained.

PERIODONTAL INFORMATION WEB ADDRESSES: – perio.org
– cap-acp.ca