



Periodontal Treatment

Root Surface debridement (deep cleaning)

Root Surface Debridement (deep cleaning), aims to remove plaque and tartar (also known as calculus) from the tooth's root surfaces within the deep gum pockets. The root is smoothed to remove bacterial toxins and give the gum tissue a chance to re-attach to the clean root surface. The treatment is meticulous and time-consuming, and is carried out under local anaesthesia.

It usually requires between one and four, 1 hour appointments, depending on complexity. As a direct result of this treatment, you may find that your gums shrink (recede) considerably. This is supposed to happen, because it means that the inflammation is subsiding. As a result of this, you must expect the following:

- Increased sensitivity of some teeth.
- Increase in the size of gaps between teeth.
- Initial increase in the mobility of teeth.
- Increased effort for you to clean your teeth as gaps get bigger and you 'show' more tooth.

It is important to clean your teeth with fluoridated toothpaste and minimise the frequency of sugary and acidic food/drink intake (inbetween meals) to avoid tooth sensitivity and decay of any exposed root surfaces through recession of your gums.

Any grinding and/or clenching of your teeth may influence the progress of the gum disease. If this

is the case it may be recommended you have a bite guard (soft or hard type).

We would suggest that we initially control inflammation of your gums. It is possible we may need to adjust the way you bite together, although in certain circumstances bite adjustments may be carried out in the initial treatment.

Periodontal Reviews

At your review appointment, we will discuss if any further treatment is needed. Sometimes all that may be required is further non-surgical treatment (deep cleaning) aiming to achieve further improvements, or just regular three-monthly periodontal maintenance appointments. It is important to bear in mind that sometimes when dealing with deep pockets there may be limited improvements with the non-surgical treatment. For this reason, periodontal surgery around selected teeth may be recommended.

Periodontal Regeneration Surgery

Periodontal surgery aims to reduce, or eliminate the remaining deep pockets after the initial scaling and deep cleaning phase. In a healthy condition, periodontal pockets are usually up to 3-4mm deep. When the pockets are deeper, they are difficult to maintain in a healthy condition because bacteria accumulate at a deeper level and therefore continue damaging your gum and bone attachment to the teeth in question. Further non-surgical deep cleaning is often of limited benefit once it has been tried to control the active periodontal disease.

Periodontal surgery is often recommended for further improvements to stabilise remaining deep pockets. It involves gently lifting back the edge of the gums, sometimes trimming part of the gum pockets and give any bone defects a more favourable shape so the gum can adapt better to it. Some variations of periodontal surgery involve removing the root(s) of certain back teeth to allow the good part of the tooth to be kept and maintained. Periodontal surgery also enables



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direct vision of the affected area and further deep cleaning of the teeth and areas between the roots of molar teeth.

Periodontal Regeneration Surgery

If periodontal surgery is suitable to help correct your condition further, then the Periodontist may recommend use of a product called 'Emdogain'. Emdogain is a complex bioactive agent that is of animal (pig) origin, that contains useful 'enamel matrix proteins', which help regain and encourage regeneration of the lost gum and bone attachment that have been lost as result of the periodontal disease process. It is particularly well suited to use when treating certain types of deep bone defects and is useful when trying to achieve the best possible results by maximising your healing for a better overall treatment outcome.

Periodontal MAINTENANCE

After stabilising your periodontal condition and your gums are in a healthier state, you will be recommended to undertake a longterm three-monthly maintenance programme, with our hygienist or you may choose to have this at your General Dental Practice. This is to ensure that active disease does not get a chance to reestablish itself, sometimes referred to as a recurrence or relapse.

Maintenance is the most important part of the long-term success of your treatment. We are not able to 'cure' periodontal disease, but with proper

maintenance we can stabilise it and help ensure the disease doesn't get a chance to re-establish itself. Periodic review with the Periodontist is important to check stability of periodontal health and to allow arrangement of further treatment, non-surgical or surgical, should the need arise in the future. The Periodontist will let you know of the frequency of these review appointments. If you have been referred to the clinic, you should continue to see your own dentist for routine and emergency dental care.

Periodontal Treatment Guarantee Information

No warranty, guarantee or assurance is given that the periodontal surgery procedure will be successful. In most cases, the treatment should provide improvement of your condition and should create an environment, which will aid in trying to retain the tooth/teeth and providing a solution to meet treatment aims as close as possible.

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