



3 TO 4 MONTHS PERIODONTAL MAINTENANCE PATIENT INFORMATION

What is Periodontal Maintenance?

A periodontal maintenance program is an individualized non-surgical plan to control the infection of the gums and root surfaces. Your dentist and hygienist will choose the frequency that best suits your needs. The hygienist will perform the treatments to eliminate infection, make recommendations to help you more effectively clean your teeth daily, and guide you through our efforts to achieve and maintain oral health.

Why?

The bacteria that causes periodontal disease re-establishes in 3 to 4 months after treatment. A 3 to 4 month periodontal maintenance treatment is critically timed to disrupt this bacteria in pockets greater than four millimeters in order to disable the destructive process at its critical stage. This critical stage is when the bacteria and their poisons do the most harm to the supporting structures, namely the periodontal attachment.

For patients with adult periodontitis, supportive 3 to 4 month periodontal maintenance treatments is not an option—but a requirement for successful therapy.

What do we hope to accomplish with Periodontal Maintenance?

- Gums that do not bleed. **Healthy gums to not bleed!**
- Fresher breath and taste
- Gums that are not red, swollen, or tender
- Knowing how to effectively maintain good oral hygiene
- Reduced pocket depths
- Control of Periodontal Disease

What do we need from you, the patient to make this treatment a success?

- Proper home care.
- Compliance with your individualized periodontal maintenance program.