

COMPARISON CHART – PERIODONTAL MAINTENANCE VS. PROPHYLAXIS

What are the differences between prophylaxis and periodontal maintenance?

Periodontal Maintenance

- Therapeutic
- Following surgical or non-surgical gum therapy
- Removal of toxins from root surfaces
- To disinfect and control disease progression
- Remove plaque, bacteria, and calculus below the gum line to control disease
- Needed every 3-4 months
- Gum disease is episodic in nature and can be triggered by stress, disease and other systemic problems
- Gum disease is not curable but is controllable
- To maintain the health and function of the gums, bone and supporting structures

Prophylaxis

- Preventative
- Lacking signs of disease
- Healthy tissue
- No pockets greater than 4 mm
- No bleeding upon probing
- Remove plaque and stain above the gum line
- Non-therapeutic treatment
- Needed every at least every 6 months



Your dental hygienist is an important part of your healthcare team. Our dental hygienists at Creative Smiles are experts at what they do and will recommend and provide you the best treatment that is customized to you.