

What is Periodontal Disease?

Periodontal Disease is a bacterial infection which gets underneath your gums and eats away at the bone which supports your teeth. If not treated, this infection can lead to tooth loss and many other problems.



Unfortunately, you can get this infection when your resistance to periodontal bacteria is low. Many times, the infection can have a burst of activity and become worse fairly quickly. If periodontal treatment, such as Scaling & Root Planing, is suggested it is important to have the treatment done soon.

Symptoms of Periodontal Disease

Periodontal disease is often painless. You may not notice anything in the beginning. Symptoms you might start having are:

- Inflammation - tender or swollen gums
- Bleeding - on brushing or flossing
- Sensitivity - of teeth or gums
- Halitosis - bad breath
- Pockets - deeper teeth pockets

Consequences if Left Untreated

If untreated, some consequences can be:

- Teeth - become loose or are lost
- Dental Work - needing bridges, implants
- Problems - cavities, loose teeth, etc.
- Bacteremia - bacteria gets in your blood and contributes to many medical problems.

What Is Scaling & Root Planing?

Scaling & Root Planing (also called Deep Cleaning or Phase 1 Periodontal Treatment) is a precision technique to remove harmful bacteria from the pockets around your teeth. It is usually the first treatment done for periodontal disease.

Scaling

Scaling is removing this bacterial calculus with dental instruments or ultrasonic scalers. This “deep cleans” the teeth and tooth roots below the gum line.



Root Planing

Root Planing (also called root smoothing) smooths and polishes the root surface after scaling so it is harder for future bacteria to attach onto the root. Having a smooth, disease-free root also helps your gums heal and grow back onto your teeth. This causes your pockets to shrink. There is less chance for reinfection.



What to Expect Following Treatment

You may feel temporary gum tenderness or temperature sensitivity which will decrease over the next couple days. Antibiotics, mild disinfectant mouth rinses, pain relievers, and desensitizing agents may be suggested. You can return home or to work right afterwards.

What You'll Gain

In addition to cleaning out the bacteria from under your gums, some common benefits include: firmer healthier gums, little or no bleeding from your gums, better breath, and a lowered chance of future tooth loss and having bridges, implants or dentures etc.

Evaluation After Treatment

After treatment, you will usually have a follow-up appointment. On this visit your gums and teeth will be evaluated and you will be given final home care instructions.

Can Periodontal Disease Return?

Periodontal disease is never fully cured, only controlled. If infectious bacteria are allowed to form under the gums again, bone loss will occur. You are more susceptible than others and must protect yourself accordingly.

Your Daily Oral Hygiene

After treatment your daily oral hygiene becomes quite important. On the final visit you will be given additional things you can do to keep your gums and teeth healthy.

Follow-Up Dental Visits & Periodontal Maintenance

After Scaling & Root Planing, we recommend that you have dental cleanings & examinations four times a year so that bacteria won't have a chance to build up under your gums and surrounding bone again.



Frequently Asked Questions

How is Periodontal Disease Detected?

During regular dental appointments, your hygienist or dentist will look for symptoms of periodontal disease, including:

- Bone loss showing on dental x-rays.
- Deeper probing depths around teeth.
- More bleeding from the gums.
- Gums swelling or becoming tender.

Do I Need to Do Treatment Now?

Periodontal disease can grow in bursts and quickly destroy supporting bone. If your dentist has recommended Scaling & Root Planing, you should schedule it soon.

How much will it cost?

Scaling & Root Planning (SRP) costs less than many dental procedures and is covered by most dental insurances. The value of treatment is keeping your teeth and getting your gums healthy again.

Will it hurt during treatment?

Before doing SRP, you will be given an anesthetic to ensure there is little or no discomfort during the procedure.

Who does Scaling & Root Planing

SRP is normally performed by a dentist, periodontist or trained hygienist. The more severe the disease, the more likely you will be referred to a periodontist.

What is a Periodontist?

A periodontist is a dental specialist who has additional training in the diagnosis and treatment of periodontal disease.



The Good News

After treatment your mouth will look, feel and be much more healthy. Very often chronic bad breath will also become much less.

In the months that follow, your gums will heal, becoming firm and pink again. Also the pockets around your teeth will shrink as the gum re-attaches itself to your tooth roots.

Do You Have Other Questions?

We hope this brochure has been helpful. Please do not hesitate to give us a call in our Ocala office at (352) 351-5051 or Crystal River at (352) 795-9000. Feel free to let us know if you have any questions or concerns. You can also learn more about periodontal disease and us at our website:

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Scaling & Root Planing

Non-Surgical Periodontal Therapy

