

Scaling & Root Planing

Non-Surgical Periodontal Therapy



Compliments of



www.trvperio.com



What Is Periodontal Disease?

Periodontal Disease, a bacterial infection of the gums and bone around your teeth, begins when sticky bacteria, or plaque, and calcified plaque, or tartar, coats your teeth at and below your gum tissues. The bacteria triggers inflammation that leads to bone loss and pocket formation around your teeth.



Unfortunately, you get this infection when your resistance to periodontal bacteria is low and disease susceptibility is high. This infection occurs in bursts of activity and becomes worse fairly quickly. If periodontal treatment, such as Scaling & Root Planing (SRP), is suggested, it is important to have the treatment done soon to remove the bacteria causing bone and soft tissue damage.

Symptoms of Periodontal Disease

Periodontal disease, often painless, may not be noticeable until the presence of advanced bone loss. Symptoms to be aware of include:

- **Inflammation** - tender or swollen gums
- **Bleeding** - when brushing or flossing
- **Sensitivity** - of teeth or gums
- **Halitosis** - Bad Breath

Consequences if Left Untreated

If untreated, some consequences can be:

- **Teeth** - become loose or are lost
- **Dental Work**- teeth replacement (bridges, implants, dentures)
- **Worsening Symptoms** – abscesses, pain
- **Bacteremia** - bacteria and inflammation enters your blood; associated with numerous medical conditions (e.g. heart disease, stroke, cardiovascular disease)



Who is Susceptible to Periodontal Disease?

Although Periodontal Disease is caused by bacteria leading to inflammation, several factors can increase the susceptibility (risk) of developing and the progression of this infection. These risk factors include:

- Previous periodontal disease infections
- Deep probing depths: 7mm+
- Poor oral hygiene
- Infrequent dental cleanings and exams
- Smoking (#1 systemic factor)
- Uncontrolled diabetes (#2 systemic factor)
- Genetic Predisposition
- Compromised immune system

How is Periodontal Disease detected?

At your dental appointments, the hygienist or doctor will look for symptoms of periodontal disease by evaluating 1) current x-rays for bone loss; 2) inflammation/bleeding; and 3) probing depths around your teeth.

Probing depths of 1-3 mm represent health, while probing depths of 4+ mm often signify periodontal disease presence and bone loss. Larger (higher) probing depths mean more bone loss and deeper bacteria deposits.

The severity of the bone loss may necessitate a referral to a periodontist. Early to moderate periodontal disease infections can often be treated by your general dentist office with scaling & root planing (SRP).

What Is Scaling & Root Planing?

Scaling removes the plaque and calculus with dental instruments or ultrasonic scalers. This “deep cleans” at and below the gum line.

Root Planing smooths and polishes the root surface after scaling so it is harder for future bacteria to attach/grow on the root. Having a smooth, disease-free root also helps your gums heal and attach back onto your teeth. This helps shrink your pockets and lessens the chance for reinfection (good oral hygiene is now crucial to prevent new bacteria deposits).

What to expect after treatment

You may feel transient gum tenderness and temperature sensitivity (cold sensitivity is common). These issues should decrease over the first couple of days. Antibiotics; disinfection mouth rinses; desensitizing agents; and mild pain relievers may be needed during healing. You can return home or to work right after your appointment.

With removal of the bacteria, you can expect:

- Healthier gums: firm and pink
- Tighter teeth (more stable)
- Little or no bleeding from gums
- Better breath

How is your treatment response evaluated?

Your dentist will usually evaluate your gums 4-6 weeks after treatment by checking the same parameters as at the initial examination: inflammation, bleeding, the presence and amount of plaque and tartar; and your overall oral hygiene. A less than ideal response may require a referral to a periodontist.

Can Periodontal Disease return?

Yes. The goal of periodontal disease treatment is to lessen or eliminate all susceptibility factors that play a role in the initiation and progression of the disease. Periodontal disease can come back when new deposits of plaque and calculus are allowed to reform;

therefore, good daily oral hygiene and routine dental cleanings, or periodontal maintenance, are critical in disease prevention.

Since disease susceptibility can change over time, periodontal disease is never fully cured, only controlled.

Frequently Asked Questions

Do I have to do treatment now?

Your gum infection tends to occur in bursts of activity and can quickly destroy the supporting bone. Starting SRP treatment or seeing a periodontist, if referred, soon is recommended to prevent more bone loss.

How much will it cost?

SRP costs less than many dental procedures and is covered by most dental insurances. The value of treatment is retention of teeth and gum infection control.

Will it hurt during therapy?

Before doing SRP, anesthetic will be given to ensure there is no discomfort during the procedure. Bacteria removal deep in the pockets will cause discomfort. Without anesthetic, treatment is ineffective due to high likelihood of retained bacteria.

Who does Scaling & Root Planing?

SRP is normally done by a dentist, a trained hygienist, or a periodontist. The more severe

the disease, the more likely you will be referred to a periodontist.

What is a Periodontist?

A periodontist is a specialist dentist educated to diagnose and to treat gum disease with non-surgical and surgical treatment modalities to include Bone Regeneration and Laser Assisted Periodontal Therapy.



The Good News!

After treatment, your mouth will look and feel more healthy. Chronic bad breath from this gum disease will lessen significantly.

In the following months, your gums will further heal and will become firm and pink. The pockets around your teeth will shrink as the gums re-attach to your teeth roots. With good oral hygiene and frequent visits to your dentist, the chance of again developing deep gum periodontal disease is much smaller.

Do You Have Other Questions?

We hope this brochure has been helpful. Please do not hesitate to call us at 704-549-4991 or check the following websites for more information.

www.trvperio.com www.perio.org