

WHAT WILL IT INVOLVE?

If you have been diagnosed with periodontitis/periodontal disease, then the initial phase of treatment is usually non-surgical periodontal therapy. The aims of this treatment are to reduce the depth of/close the pockets and increase the ability to maintain good oral hygiene in the area.

The first and most important element of this phase is optimal home care. An optimal oral hygiene regime is also important for long-term stability. For this reason, a significant amount of time is spent in providing you with tailored oral hygiene instructions and ensuring you are comfortable in performing this regime yourself. Your compliance will be monitored throughout the treatment and on reassessment. If there are any other concerns related to this such as bad breath, advice will also be given to address these.

The 'build-up' under the gum line and the bacteria within the pockets are then removed and disinfected through a technique called root surface debridement. This is usually carried out under local anaesthetic to ensure you are comfortable. If you have generalised pockets, you may be required to come for several treatment appointments where each quarter/half of the mouth will be worked on.

EXAMPLE:

Before non-surgical periodontal therapy



After non-surgical periodontal therapy



BENEFITS:

- Improvement in your ability to perform effective home care/oral hygiene procedures to allow long-term maintenance of the results
- Removal of any staining
- Reduction/elimination in bleeding gums
- Reduction/elimination of bad-breath
- Reduction in the depth/closure of the periodontal pockets
- Reduction in the mobility of any loose teeth
- Increased lifespan of the teeth

RISKS:

- Pain following the procedure is usually mild and can be managed through over-the-counter painkillers - if this occurs it usually only last for a few days
- An temporary increase in bleeding from the gums
- Sensitivity (especially to cold) but this is short-lasting and can be managed with toothpastes designed to reduce sensitivity
- As the gums heal, they may recede. This may mean your teeth look slightly longer and the spaces between them may be larger

TIMINGS:

1-4 treatment appointments
Appointment times may vary from 45 to 120 minutes

FEES:

Fee: £600 for 60 minutes

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