

WHAT WILL IT INVOLVE?

Imagine your periodontal condition to be like a car - it needs to be serviced every so often to prevent it from breaking down. If it's left and it breaks down it will usually need more intensive and expensive work to fix the damage. All research shows, that without supportive periodontal therapy (also known as maintenance), you have a much greater chance of disease relapse. This would therefore lead to the need for repeat intensive treatment and the risk of further tooth loss in that time.

Therefore long-term supportive periodontal therapy is imperative and should involve:

1. Reassessment - Assessment of the periodontal status, including repeat measurements of pockets, bleeding, gum recession, mobility and oral hygiene levels.
2. Diagnosis - Of disease that may have relapsed or new disease based on the measurements taken. By complying with the recommended maintenance intervals this can be detected early, thereby avoiding the need for extensive repeat treatment.
3. Treatment- Usually you will only require a 'maintenance scale'. Local anaesthetic may or may not be used. Oral hygiene instructions are reinforced if required. Occasionally, a site may worsen and maintenance alone will not be sufficient to control it. If this is the case, alternative treatments may be advised.
4. Risk evaluation- Based on the measurements taken and assessments carried out, a risk evaluation is performed in order to provide you with a recommendation on how long a gap should be left before the next maintenance visit. For most patients, this is usually 3 months.

Maintenance can be carried out at RW Perio but if you have been referred by another practice we advise that long-term regular maintenance is carried out there. Dr Wadia will remain in close communication with the dentist or hygienist.

BENEFITS:

- Opportunity to maintain and refine oral hygiene techniques
- Maximise the long-term benefits of treatment
- Increase the life-span of the teeth
- Early detection of any relapse in disease or new disease
- Early intervention if required

RISKS/COMPLICATIONS:

- None

TIMINGS:

Usually every 3 months

FEES:

Dependent on practice