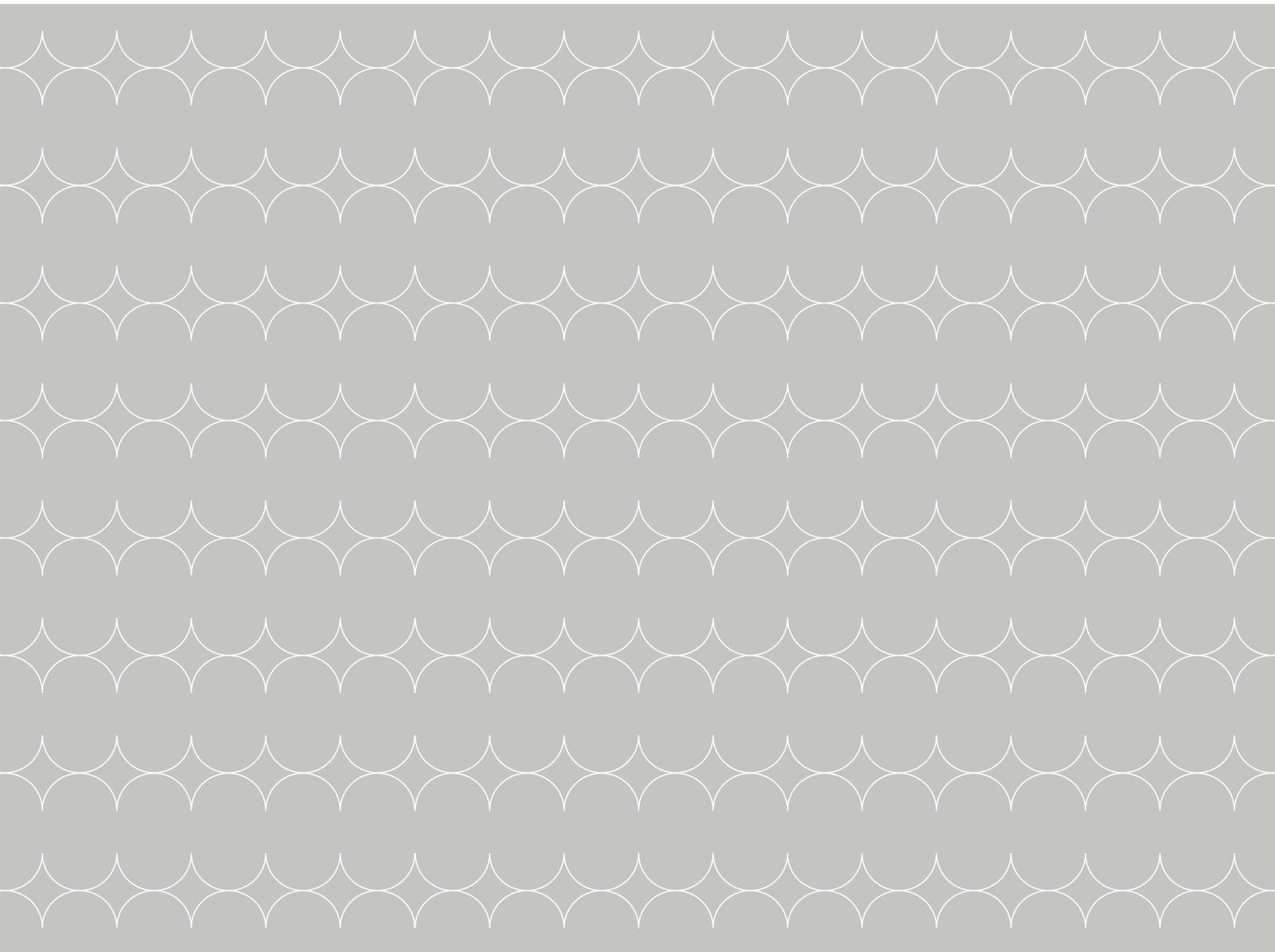




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Supportive Gum (Periodontal) Therapy

INFORMATION ABOUT
SUPPORTIVE GUM (PERIODONTAL)
THERAPY/MAINTENANCE





Supportive Gum (Periodontal) Therapy

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INFORMATION ABOUT SUPPORTIVE GUM (PERIODONTAL) THERAPY/MAINTENANCE

What will it involve?

Imagine your gum health 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 Advanced Hygiene 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. Assessment** - This will include a detailed check of your oral hygiene levels and periodontal status. By complying with the recommended interval for maintenance, any relapse or new disease can also be picked up before it's too severe, potentially avoiding the need for extensive repeat treatment.
- 2. Treatment** - Usually you will only require a 'maintenance debridement'. 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.
- 3. 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 advanced maintenance visit. For most patients, this is usually 3 months.

In some cases, where deep pockets still exist, the aims of supportive periodontal therapy are to slow down the progression of the condition, prolong the lifespan of the teeth and ensure your mouth is as comfortable as possible. The alternative to this treatment would be no treatment which is not advisable.

We advise advanced maintenance at our practice for the first year as this is the most common time of relapse and we would advise advanced maintenance care. Following this, the specialist will reassess you and make a long-term plan which will likely involve your local hygienist or dentist.

Benefits

- Opportunity to maintain and refine oral hygiene techniques.
- Maximise the long-term benefits of treatment.
- Increase the lifespan 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 but this will be individually tailored.

Fees

Dependant on practice.

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LONDON'S GUM SPECIALISTS