



Periodontal Therapy Follow up and Post-Operative Instructions

Your periodontal evaluation appointment is important! **We have scheduled a follow up appointment to find out whether or not the disease you have received treatment for is gone.**

Remember, periodontal disease is a progressive, generally painless bacteria based infection that affects the soft tissues first and then proceeds to erode the bony support around the teeth. Left untreated, periodontal disease can lead to the loss of teeth. Periodontal lesions not only provide a route of entry for other infectious agents that can affect the health of other body systems, but can also supply bacteria that can spread to family or friends.

You periodontal evaluation visit provides you with valuable information regarding the status of your periodontal health. This visit will include:

- ❑ **Re-evaluation of periodontal tissues and re-charting of pockets**
- ❑ **Plaque level evaluation**
- ❑ **Polishing to remove stains now visible where the tissue has toned and shrunk**
- ❑ **Application of antibacterial or fluoride infiltrates, as indicated**

The goal of periodontal treatment is the elimination of disease and establishment of an environment of maintainable health. The degree to which this goal was achieved depends primarily on your particular physiological response to treatment, the nature of and number of bacteria remaining, and the effectiveness of your oral hygiene routine. The maximum resolution and shrinkage of gum tissue will usually be seen two to four weeks after treatment. If your response to treatment was favorable, periodontal pockets will have resolved to between two and three millimeters and no bleeding of your gum tissue will be evident. Normal, effective oral hygiene should be sufficient to maintain periodontal health indefinitely. You can safely return to preventative (prophylactic) cleaning and polishing at six-month intervals. Periodontal tissues should be thoroughly evaluated at 12 to 18 month intervals.

If any pockets greater than four millimeters or any areas of bleeding persist, the periodontal disease is considered still active. Further treatment is necessary to eliminate the disease. Your treatment options, both surgical and non-surgical, will be thoroughly explained at this time.

The success, sophistication and range of periodontal diagnosis and treatment today is quite remarkable. Early treatment is generally less invasive, more successful, and much less expensive.