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Scaling/Root Planing "Deep Cleaning":

Scaling and root planing is done for patients that have active signs of gum disease. Conditions like heart disease, diabetes, and high stress can be risk factors associated with a higher incidence of gum disease. Other risk factors include smoking, a family history of gum disease, and poor oral hygiene. The goal of a deep cleaning is to clean the pockets around each tooth of bacteria so that the infection in the gum can heal and the pocket will become shallow enough so that it can be kept clean at home with a toothbrush and dental floss. Depending on the number and depth of deep pockets, a deeper cleaning can take anywhere from 1 to 4 hours. After a deep cleaning, patients are seen every 3 to 4 months for a Periodontal Maintenance (see below) to monitor the depth of the pockets and promote continued healing.

Periodontal Maintenance:

This cleaning is what we call a "regular" cleaning for patients with diagnosed periodontal (gum) disease. It is completed in one hour with an exam and x-rays (if needed). The goal of the Periodontal Maintenance is to promote continued health in the gums while preventing advancement of the gum disease. Your hygienist (with your dentist) will monitor deep pockets and help you to find the right tools to get into any hard to clean areas. Periodontal Maintenance is usually done every 3 to 4 months after a deep cleaning. If all the pockets return to healthy levels you can return to the cleaning every six months.

*Please be advised that most insurance plans will consider the Periodontal Maintenance "basic treatment" and might apply a deductible and co-pay. This procedure is usually covered two times a year. If the additional Periodontal Maintenance is not covered by the insurance then we will apply a cash courtesy.

Patient Signature: _____ Date: _____