



## **SOFT TISSUE MANAGEMENT TREATMENT FOR PERIODONTITIS (INFECTED GUMS)**

**A. SCALING AND ROOT PLANING (DEEP CLEANING):** This is the initial procedure required for the treatment of gum disease in order to restore gingival (gum) health. This procedure will remove the tartar, plaque, bacteria, and toxins from the root surfaces under your gums that cause gum disease.

**What to expect:** At your deep cleaning appointment, your teeth and gums will be numbed so that you will be comfortable for the procedure. Typically local anesthetic injections are given for comfort.

After your deep cleaning your lips, tongue and gums maybe numb for a few hours. Be careful not to bite cheeks and tongue. It is normal to have some mild soreness after the procedure. Special home care instructions will be given to you at the end of your deep cleaning appointment to help any soreness and help your gums heal more quickly. Deep cleaning is not to be confused with gum surgery (typically performed by a periodontist). A deep cleaning is intended to help avoid surgery and prevent loss of teeth. To help the healing process and stabilization of your gum disease, regular examinations and frequent maintenance cleanings are required to control the disease process. (Typically every 3 months are recommended).

**B. CONTINUING CARE APPOINTMENTS:** Periodontal Maintenance requires frequent cleaning appointments to monitor the disease and keep the bacterial levels controlled. Maintenance appointments are recommended about every 60-90 days. Research shows that the bacteria levels in periodontal pockets reach a peak about 90 days from initial deep cleaning. HOME CARE DETERMINES frequency of cleanings as well.

**C. ARESTIN:** (an antibiotic treatment for gum disease): In more severely infected areas (those measuring 5mm or deeper), we recommend Arestin in addition to deep cleaning. Arestin is placed into the infected area and time released over 15 – 21 days. The combination of deep cleaning with the placement of Arestin has shown significantly better results than deep cleaning alone but may be used at anytime. As with any antibiotic therapy, the initial dose may not be enough. In severe cases, Arestin may require up to three applications before achieving the desired results.