

DR. CHARLES A. WHITE

Practice Limited to Periodontics

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PERIODONTAL THERAPY

YOUR EXAMINATION: Dr. White will perform your periodontal examination and will develop a diagnosis and treatment plan after studying your examination findings and your radiographs. A Periodontal Examination Report will be sent to your dentist, along with radiographs. A copy of this report will be sent to you. A treatment plan consultation may be scheduled so you can discuss your diagnosis and treatment plan with Dr. White. Dr. White may recommend that you return to your dentist for treatment before you begin periodontal therapy. Please contact your Dentist promptly and schedule any treatment that needs to be done.

SCALING AND ROOT PLANING: This is a meticulous cleaning and smoothing of the roots of your teeth below the gumline. Local anesthetics are used to avoid discomfort. Following this procedure your gums may be slightly tender but there should be no pain. You will be able to return to normal daily activities immediately. However, you should not eat until the numbness from the local anesthetic is gone. Contact Dr. White immediately if you experience any pain that requires more than an over-the-counter pain medication. A fluoride rinse or gel can be prescribed if you experience sensitivity to cold temperatures following scaling and root planing.

ORAL HYGIENE: Good oral hygiene is a critical component of periodontal therapy. Following scaling and root planing, begin brushing twice a day and floss once a day using the technique demonstrated by our staff. We will continually evaluate your oral hygiene and offer assistance when necessary to help you master oral hygiene techniques.

Dr. White often recommends the Braun Plaque Remover electric toothbrush to make your brushing faster and more effective. The most important part of your home care, however, is flossing. Use the type of floss that you are most comfortable with. Of course, there are numerous other oral hygiene aids available that we will recommend if needed. Please set aside ten minutes each day for oral hygiene.

Dr. White recommends that you use an ADA accepted toothpaste with fluoride. “Tartar control” is not desirable because it contributes to tooth sensitivity to cold temperatures. Listerine is the best over the counter oral rinse to kill bacteria. Use Listerine twice a day.

Products that are not proven to contribute to healthy gums include; Plax, baking soda, salt, and peroxide.

OCCLUSAL ADJUSTMENT: This is a painless procedure done to eliminate heavy biting forces on weak teeth. A small amount of enamel is removed from specific areas of your teeth to more evenly distribute biting forces.

PERIODIC ORAL EXAMINATION: This appointment is used to evaluate your oral hygiene and to assess the improvement in tissue health following scaling and root planing. If deep pockets and infection persist, surgery is usually recommended. If you are periodontally healthy, a program will be recommended to maintain your periodontal health long-term.

SURGERY: The primary goal of periodontal surgery is to provide access to remove plaque and tartar from the deep pockets around your teeth. A second goal is to repair the damage done to the tissues that support your teeth. This repair usually involves smoothing the bone and thinning the gums, resulting in the reduction or elimination of periodontal pockets. Surgery sometimes includes techniques to regenerate bone, such as bone grafts or the placement of membranes to allow healing from within a bone defect. You will be asked to return for several short visits following surgery to evaluate healing.

MAINTENANCE: Once your gums are healthy, maintenance therapy will be recommended to keep them healthy. Maintenance therapy involves regular periodic examination and cleaning, usually every three to four months. Your Periodontist and your Dentist usually work together by alternating for periodontal maintenance visits. This is the most important segment of periodontal therapy. Without adequate maintenance therapy, periodontal disease tends to return. We will keep you and your Dentist updated on your periodontal status. When necessary, we will recommend additional scaling and root planing to prevent relapse and the need for additional surgery.