

Periodontal Disease

Dr. Samy

Regular dental checkups and cleanings are important in preventing periodontal diseases. If these measures are not taken, the likelihood of disease increases. In some cases, even with these measures, a certain percentage of patients experience some form of periodontal disease that must be treated.

When you are diagnosed with periodontal disease, one of the treatments is *scale* and *root planing*. Depending on the extent of the disease, I may recommend that one or more sections (quadrants) of the mouth be treated. Treatment may require one or more visits.

Scaling is advised to remove plaque and tartar beneath the gumline. A local anesthetic may be given to reduce any discomfort. Using a small scaler or ultrasonic cleaner, plaque and tartar are carefully removed down

to the bottom of each periodontal pocket. The tooth's root surfaces are then smoothed or planed to allow the gum tissue to heal and reattach to the tooth.

Once the scaling and root planing treatment is complete another appointment will be made so that I can check how your gums have healed and how the periodontal pockets have decreased. When pockets greater than 3 mm persist after root planing and scaling, additional treatment may be needed.

You will be given instructions on how to care for your healing teeth and gums. Caring for your teeth and gums after treatment is critical. Practicing good oral hygiene every day will reduce the risk of recurring Periodontal disease.

Periodontal disease will not go away by itself. Left untreated, surgery may be needed to save af-

ected teeth. Preventing and treating the disease in the early stages are the best ways to keep your smile healthy.

As you may know, I have delegated the non-surgical periodontal maintenance procedures to Paula (our Dental Hygienist). With her help I can monitor and evaluate your periodontal health.

Helpful Hints

Probably just as effective as most commercial rinses!

Home Rinse

Warm salt water rinses 2 times per day for your gums will help with "bad breath" and bacterial over population

- Boil water (~ 1qt)
- Add 2 tablespoons of salt
- Place this in a container (for easy access)
- You may also add 1 teaspoon of peroxide per 8 oz cup of water (if desired)

Recipe

Banana Breakfast

- 3/4 cup mild or Vanilla Sustacal
 - 1 banana, cut in chunks and frozen
 - 1/4 cup wheat germ
 - 1 - 2 Tbsp. honey
- Blend at high speed until smooth.

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Happy Holidays!