



## Periodontal Maintenance: Post-Procedure Instructions

*Congratulations!* You have taken the first step to healthier gums and optimal oral health. While your periodontal procedure has been completed, ongoing maintenance is necessary to keep your mouth clean and gums healthy.

- **Periodontal Maintenance Appointments** are necessary to maintain healthy gum tissue; these are your disease-controlling appointments! **Periodontal health needs to be maintained; like going to the gym – to stay in great shape, you have to keep working out to maintain what you have achieved.** Your gum condition is similar. At each maintenance appointment, your gums will be re-evaluated and additional treatment *may* be necessary.
- **Periodontal Maintenance is a procedure** that falls between a routine dental cleaning and a “deep cleaning” (or scaling and root planing). It is a procedure for patients who need a deeper cleaning due to pockets deeper than those found in periodontally healthy adults. Studies have shown that there is more bacteria present in 3 months that needs to be professionally maintained to reduce destruction of the gum tissues and bone
- **Daily Brushing and Flossing is very important.** Following your procedure, your teeth may become sensitive; however, it is essential that you continue to brush and floss to remove plaque to prevent root decay and greater sensitivity. **Desensitizing toothpaste or fluoride rinses can help reduce sensitivity.**
- If an anti-microbial mouth rinse was prescribed, please be sure to follow directions.
- If you required Arestin<sup>®</sup> medication as part of today’s procedure, be sure to follow all directions provided to you; do not floss in these areas for one week.
- Please do not Smoke or use Tobacco; they can make periodontal conditions more severe and make maintenance more difficult. If you need assistance in quitting, please let us know.

*Studies show that patients who follow through with periodontal maintenance therapy and keep scheduled appointments will do better than those who do not comply; non-compliant patients have a greater tendency to need further periodontal treatment and are more likely to lose teeth.* Regular Periodontal Maintenance visits and everyday home care must become a part of your routine to protect your oral (and overall) health.

**Please Remember . . . Periodontal disease is an infection and it is not healthy to have a chronic infection in your body.** Periodontal disease has been linked to many health risks including heart disease, stroke, and chronic lung infections.

**The success of your maintenance plan is up to you . . . Brush your teeth twice daily, floss every day, and Keep Your Scheduled Maintenance Appointments.**