

PERIODONTAL DISEASE SERIES

# 3 Month Recare

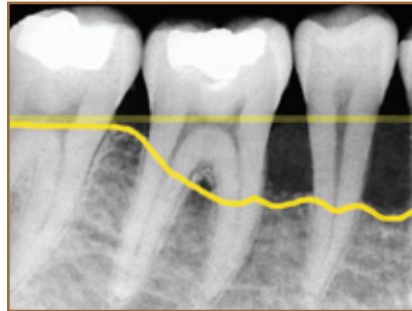
## for Periodontal Patients

If you have a history of periodontal disease, it's vital that we examine the health of your gums every three months.

That's because periodontal disease cannot be cured; it can only be controlled. And if it isn't closely monitored and controlled, over time it can quickly worsen, destroying bone and soft tissue, and eventually causing you to lose your teeth.



*We'll closely monitor your gums*



*X-rays show bone loss*

### Why is frequent recare important?

When we first find periodontal disease, we treat it with scaling and root planing to remove plaque and infection from beneath your gums.

While this treatment disrupts the growth of the bacteria, some bacteria do remain and may settle back into the pocket, where they begin reproducing again. In fact, once bacteria have become re-established in the pockets, the number of bacteria doubles every time it reproduces, reaching destructive levels in as little as 90 days.

### What if I don't see any problems?

Unfortunately, you can't simply wait until you notice a problem before you come in for a periodontal maintenance appointment because periodontal disease can recur without your being aware of it.

This happens because the disease is unpredictable in two ways: it's site-specific and sporadic. Site-specific means that the infection can recur in

just one periodontal pocket out of the possible 192 that exist in your mouth, or it may be more widespread. Sporadic means that periodontal disease might start up again right away, or it might go into remission for awhile.

For these reasons, if we aren't checking every three months, you would have no way of knowing that the disease is recurring, and the destruction would continue unchecked. This also means that the typical twice-a-year cleaning schedule just isn't safe for those who have periodontal disease.

### What happens during a recare appointment?

It's important that you come in every three months for a periodontal maintenance appointment, which may include:

- Taking x-rays
- Measuring the depth of periodontal pockets
- Re-evaluating the effectiveness of your homecare
- Removing plaque above and below the gumline
- Re-treating with scaling and root planing, if necessary

More frequent periodontal maintenance visits help us break the stronghold of bacteria in your gums, minimize the recurrence of the infection, and slow or eliminate its destructive effects.