

PHASE ONE (INITIAL THERAPY - ROOT PLANING/CURETTAGE)

Initial therapy appointments are critical to begin the healing process of your gums. The goal of this therapy is:

1. To educate you about the causes of your periodontal disease and to provide you with the oral hygiene home care instructions SPECIFIC TO YOUR MOUTH.
2. To remove deposits of tartar and plaque both above and below the gum line from all teeth and to smooth all roots.
3. To smooth any irritating overhanging filling margins.
4. To encourage closure of the periodontal pockets through reattachment of the gum to the root surface, and by shrinkage of the gum tissue.

The number of appointments you will need to complete this therapy is reflective of the extent of disease and deposits present. The healing process can only begin once the deposits have been removed and the disease has been brought under control.

We will be performing some or all of the following procedures during these therapy appointments:

Scaling: - This is the removal of calculus (tartar) deposits from the crowns and roots of the teeth, mainly above the gumline – this is the treatment of “cleanings” in your dental office.

Root Planing: - this is the removal of the diseased root surface after all of the calculus has been removed. This is mainly done **below** the gum line within the pocket – this is the “cleaning” in a periodontal office.

Polishing: - this is the removal of stain and plaque from the crowns for the teeth after scaling and root planing is completed. This is not required in all cases and done routinely in your dental office.

Overhang Removal: - this is the smoothing of improperly contoured filling margins.

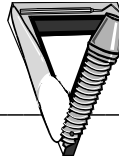
Anaesthetic: - we usually administer a local anaesthetic to numb the area and prevent any discomfort during the initial therapy appointments. You may find that the teeth are sensitive to temperature after the root planing appointment. This usually decreases with improvement in the health of the gums and with thorough home care.

Antibiotics: - depending on the type of gum disease you have, antibiotics may be used in conjunction to phase I therapy or surgery or both

Oral Rinsing: - an antibacterial rinse may be used in conjunction with phase one therapy and is by prescription only – this can be obtained in our office at a nominal fee.

EVALUATION APPOINTMENT

Your periodontal status will be evaluated once this initial therapy has been completed. If your disease is more advanced, additional treatments may be required. This is a *critical* appointment because it allows us to assess the results of the initial therapy. The next stage of treatment will be determined on the basis of the results obtained.



INFORMATION AND INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

WILL I EXPERIENCE MUCH PAIN AFTER ANAESTHESIA WEARS OFF?

There may be some discomfort and possibly some swelling. This is normal. Before the anaesthetic wears off you may be advised by the Dr. Desai to take one or two pain pills if prescribed. If required, take more pain pills according to the instructions on the prescription. To reduce swelling and discomfort, use an ice pack on the outside of your mouth for the first few hours, 10 minutes on and 10 minutes off. If you do not have an ice pack put some ice cubes in a plastic bag and wrap it in a towel or use frozen peas/corn wrapped in a towel. Swelling will reach a maximum at two to three days and start to subside. Ice packs will only be effective if used during the first few hours. Bruising, although unsightly may occur but will not affect the healing.

WILL MY GUMS BLEED FOLLOWING SURGERY?

It is not unusual to have some light bleeding for 24 hours following periodontal surgery. The blood, however, should not be in large clots. A small amount of blood mixed with a large amount of saliva makes it appear to be more blood than it truly represents. If there is considerable bleeding after several hours, take a piece of gauze and form it in the shape of a "U". Holding it between the thumb and index finger, apply the gauze to both sides of the surgical site with gentle pressure for twenty minutes. If bleeding still does not stop, please call the office. Under **NO** circumstances should rinsing be used to stop the bleeding.

WHAT MAY I EAT?

Soft food. Bland diet. Nothing really hot or cold and no spicy foods for the first 24 hours. After 24 hours you may eat normally, but avoid chewing in the area of the surgery.

MAY I SMOKE?

Preferably NO but at least reduce smoking one day before surgery and 2 days after surgery.

MAY I HAVE A DRINK?

NO drinking of alcoholic beverages for the first 48 hours after surgery. It may cause bleeding to start from the surgical site and "pain pills" and alcohol do not mix.

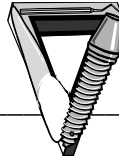
SHALL I BRUSH AND FLOSS MY TEETH?

Do not brush or floss in the area of the surgery until advised to do so by Dr. Desai. Gently rinse the mouth periodically AFTER 24 hours with the Chlorhexidine mouth rinse (if prescribed). This will promote healing. Brush and floss the other areas of the mouth as normal.

EXERCISE?

Avoid exercise for the first 48 hours. If possible, go home immediately after the surgery, relax and try to stay as quiet as possible with minimal physical activity or talking. If you have to go back to work try to avoid talking and physical exertion as much as possible. On a hot day, do not sit in the sun.

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CARE OF YOUR PERIODONTAL PACK (IF PLACED)

The material around your teeth is a periodontal pack and is comparable to a surgical dressing used in other types of operations. It serves a very useful function and should not be disturbed. Depending on the type of pack placed, small particles may chip off during the week. Should a sizable portion of the pack come off within two or three days of the surgery, do not be concerned but call our office so we are aware of what has happened. If a sizable portion of the pack breaks off after 4 to 5 days, simply remove as much of it as it becomes loose. Should you have pain at any time as a result of the pack breaking, please call the office.

WHEN MAY I RESUME NORMAL AND PROPER BRUSHING?

We will give you instructions on how to clean the surgical site at the post-operative appointment. If the dressing comes off early, simply rinse your mouth twice a day with warm salty water or the Chlorhexidine mouth rinse if it has been prescribed for you 30 minutes after tooth brushing as the Chlorhexidine is neutralized by toothpaste.

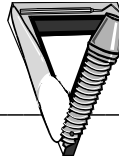
WHAT MAY I NOTICE DURING THE COURSE OF TREATMENT?

Teeth may sometimes appear to be more loose and perhaps will be until complete healing and final therapy is rendered. DO NOT get into the habit of moving the teeth with the tongue or grinding and clenching the teeth together. You will experience significantly more discomfort as a result of such clenching and grinding.

The roots of the teeth that are uncovered will perhaps be sensitive to hot and cold, toothbrushing and some foods. This sensitivity will gradually decrease AS LONG AS THE TEETH ARE KEPT FREE OF PLAQUE BY BRUSHING AND FLOSSING. If it continues over a longer period of time, please notify the office as this can usually be corrected by the use of desensitizing solutions, special toothpastes or fluoride.

EMERGENCIES

If an emergency arises after office hours, I can be reached on my cellular phone 319-4931 or at 851-8388.



GINGIVAL (GUM) GRAFTS

Gingival grafts are necessary to augment and strengthen gum tissue in areas of the mouth that have gum recession. The goal of the grafting procedure is to increase the amount of firm, tough gum tissue next to the teeth to reduce the chances of additional recession. Unless you have been specifically informed to the contrary, there is usually no attempt to cover roots, that have already become exposed.

We will be performing the following procedures:

Anaesthetic – we will administer a local anaesthetic to numb the area so that no discomfort will be experienced during the appointment.

Preparation of the graft site – gum tissue surrounding the root in the area of the graft is gently released to allow access and sutures may be placed.

Cleaning of the roots – all calculus (tartar) deposits will be removed and root surfaces will be smoothed and cleaned.

Donor site – a small area of gum tissue, usually on the roof of your mouth next to the molar teeth, is removed and a protective dressing is placed over the area.

Placement of tissue – the graft tissue is placed into position and either sutured into place or glued into place with a special adhesive.

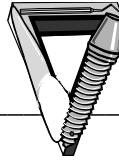
Coverage of the surgical sites – a special covering (periodontal pack/periodontal dressing) may be placed over the surgical sites to protect the tissue and promote healing.

You may expect to experience some post-operative discomfort and possibly some swelling. Both of these are usually minor and are well – controlled with medication that may be prescribed at that time of the appointment and with the use of ice packs. Most patients are able to function relatively normally by the following post-operative day.

POST-OPERATIVE EVALUATION APPOINTMENT

You will be required to return approximately one to two weeks after your graft to assess the healing at the surgical site and remove any sutures present. At that time we will also be evaluating your progress and recommending the need for any additional appointments. Occasionally, additional minor soft tissue recontouring is required to obtain optimal tissue form and produce smooth margins with the adjacent soft tissue.

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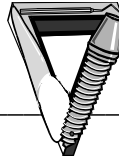


PRE-SURGICAL RECOMMENDATIONS AND INFORMATION

Please read the following carefully prior to your surgical appointment:

1. Have a quiet, restful evening before your surgical appointment.
2. **Unless instructed otherwise, have a good meal prior to your appointment.**
3. **Wear a blouse or shirt with short sleeves, or with sleeves which can be rolled up to accommodate a blood pressure cuff.**
4. If pre-medication has been prescribed to make you feel more relaxed during the surgical appointment (eg. Ativan, Valium), you must have someone bring you to your appointment and accompany you home. You cannot drive a motor vehicle for the rest of that day.
5. If pre-surgical antibiotics (eg. Penicillin or equivalent) have been prescribed for you due to medical reasons, please be sure to take them as directed.
6. Ideally, you should return home immediately following the surgical appointment, take any prescribed analgesic and/or antibiotics, and use an ice pack as directed in the post-operative instructions. Physical activity and talking should be kept to a minimum for the rest of the day.
7. You may return to work the day following surgery. However, if your work involves physical labour, it is suggested that you try to work at a somewhat slower pace.
8. It is suggested that you do no physical exercise during the first post-operative week to avoid any possible complications.
9. It is preferable that you do not fly in a commercial airplane during the first 4 to 5 days after the surgery.
10. If possible, do not have the surgical treatment less than 1 to 2 weeks prior to an important business or social event.

Please do not hesitate to ask any questions regarding the above.



CROWN LENGTHENING

Crown lengthening surgery is a minor periodontal surgical procedure necessary to increase the amount of tooth structure showing above the gum line - when a tooth has fractured close to or below the gum line or when decay or a previous filling has extended too far below the gum line to be able to maintain healthy tissue. The goal of the procedure is to create enough tooth structure above the gumline to allow the tooth to be properly restored with a filling or crown (cap). At least one tooth on either side of the affected tooth may also show increased tooth structure post-operatively.

We will be performing the following procedures:

Anaesthetic – we will administer a local anaesthetic to numb the area so that no discomfort will be experienced during the appointment.

Exposure of roots – gum tissues surrounding the root of the tooth and the adjacent teeth are gently released to allow access to the roots.

Cleaning of roots – all calculus (tartar) deposits are removed and root surfaces are smoothed and cleaned and evaluated.

Bone reshaping – in some cases, a small amount of the bone surrounding the teeth is carefully reshaped to expose more of the structure of the tooth.

Repositioning of gum tissue – the gum tissue is repositioned over the roots and bone and sutured into a favorable position.

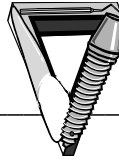
Coverage of the surgical site - a special covering (periodontal pack/periodontal dressing) may be placed around the necks of the teeth in the surgical site to protect the tissues and promote healing.

You may expect to experience some post-operative discomfort and possibly some swelling. Both of these are usually minor and are well-controlled with medication that may be prescribed at that time of the appointment and with the use of an ice pack. Most patients are able to function relatively normally by the following postoperative day.

POST-OPERATIVE EVALUATION APPOINTMENT

You will be required to return approximately one week after your surgery to assess the healing at the surgical site and to remove any sutures and coverings present, and again at approximately 4 weeks for a final check examination. Restoration of the tooth will be possible approximately 5 to 6 weeks after the crown lengthening procedure is completed and healing is complete. Occasionally, additional minor soft tissue recontouring is required prior to restorative procedures.

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PERIODONTAL POCKET REDUCTION SURGERY

Periodontal surgery is essential to correct moderate to advanced periodontal disease in specific areas of your mouth. The goal of the surgery is to gain access to the roots so that during the surgery they can be visually inspected, thoroughly cleaned and have the depths of the gum pockets reduced. This will make the affected areas of your mouth more accessible for personal oral hygiene and ongoing professional maintenance.

We will be performing some or all of the following procedures during your surgery appointments:

Anaesthetic – we will administer a local anaesthetic to numb the area so that no discomfort will be experienced during the appointment.

Exposure to roots – gum tissue surrounding the root of the tooth is gently released to allow access to the root.

Cleaning of roots – all calculus (tartar) deposits are removed and root surfaces are smoothed and cleaned.

Examination of roots and supporting bone – only after the roots have been thoroughly cleaned is the true contour of the bone and amount of bony support visible. At the same time, we will examine the roots to check for any other problems that may affect healing.

Bone reshaping – in some cases any minor irregularities in the bone produced by the disease will be gently smoothed and reshaped.

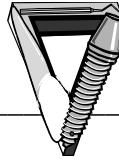
Repositioning of gum tissue – the gum tissue is repositioned over the root and sutured into a favorable position.

Coverage of the surgical site – a special covering (periodontal pack, periodontal dressing) may be placed over the surgical site to protect the tissue and promote healing.

You may expect to experience some post-operative discomfort and possibly some swelling. Both of these are usually minor and are well-controlled with medication that may be prescribed at the time of the appointment. Most patients are able to function relatively normally by the following post-operative day.

POST-OPERATIVE EVALUATION APPOINTMENT

You will be required to return approximately one week after your surgery to assess the healing at the surgical site and to remove any sutures present and possibly again at about 4 weeks for a final evaluation. At that time we will also be evaluating your progress and recommending the next phase in your treatment. Occasionally, additional minor soft tissue recontouring is required to obtain optimal tissue form and allow the most favorable access for oral hygiene.



WELCOME!

We would like to take this opportunity to welcome you to our practice and provide you with information about our philosophies and office policies.

Our goal is to provide you with optimum periodontal care. Our recommendations for active treatment and for long term follow-up and maintenance therapy will be based upon your periodontal needs and related dental treatment with your referring dentist. It is our policy that all therapy recommended to you will always be thoroughly discussed with you prior to the beginning of treatment.

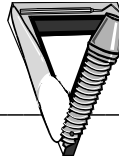
Your initial appointment will be spent conducting a thorough clinical examination and taking any necessary diagnostic x-rays. When we have completed our diagnosis, together we will be able to determine a practical course of treatment that is best for you. We will also be able to provide you with an estimate of the cost and length of time necessary for the completion of your treatment.

We will keep in close contact with your referring dentist during the time you are in our care, thus enabling both our offices to properly co-ordinate your periodontal and other dental needs.

Please complete the enclosed Patient Information form and bring it with you to your examination appointment. We would appreciate your arrival ten minutes before your scheduled appointment time on your first visit to our office. As we do take a thorough medical history, please bring the names of all medications you are currently taking.

We ask that you give us at least 48 hours notice for any changes in your appointment, otherwise there will be a charge of \$40.00

Please take the time to read our enclosed pamphlet regarding our office policies. Our reception staff have the full responsibility for administering these policies and would be happy to discuss them with you.



MAINTENANCE THERAPY

Maintenance therapy is critical to the stabilization of your periodontal condition. The goal of the therapy is to monitor and maintain the optimal oral health that has been achieved through previous periodontal therapy.

Maintenance appointments are important to help prevent further progression of periodontal disease by the removal of deposits which have accumulated since your last visit. We will recommend appointments at specific time intervals appropriate to your periodontal needs. The most common time interval is every three months – EVERYONE IS DIFFERENT.

We will be performing some or all of the following procedures during your therapy appointments:

Scaling and Root Planing: - this is the removal of any plaque and calculus accumulations from the crowns and roots of the teeth.

Pocket Irrigation: - this is the flushing of any remaining pockets with a warm solution containing an antiplaque agent.

Polishing: - this is the removal of stain and plaque from crowns of the teeth after the scaling and root planing is completed.

Anaesthetic: - normally maintenance therapy does not require the use of a local anaesthetic. However, if the area being treated is very sensitive, we can administer a local anaesthetic to reduce any discomfort you may have during the appointment.

EVALUATION APPOINTMENT

Your periodontal condition will be re-evaluated on an ongoing basis to establish the current status of your health, take periodontal measurements, assess the level of plaque control and to determine whether or not there is active disease present.

YOUR GENERAL DENTAL HEALTH

Although we will point out to you and your dentist any obvious areas of decay or dental needs, we do not specifically look for decay. Our main concern is the health of the gums and bone around the teeth. **Therefore, it is imperative to have at least a yearly check-up with your dentist to determine if any other dental work is needed.** We also suggest that polishing and fluoride treatments be done at your regular appointments with your family dentist.