

For all our patients:

Over the last years, the Dental field has evaluated new research which has proven a strong link between gum disease and heart disease. Due to the fact that almost every patient whom died from heart disease also suffered from mild to severe gum disease, the research community looked at that link deeply and were able to prove that the plaque in the heart and in the gums share the same DNA. This fact proved without any doubt a strong relationship between both diseases. Because of the seriousness of the disease, we have decided to intensify our way of diagnosing and treating gum disease. Below is a description of why you might experience a different approach and instrumentation used by our specially trained Hygienists during your cleaning appointments.

Our office follows a technique called “Soft Tissue Management”. Our Dental Hygienist will evaluate the status of your gums on a scale from zero (0) to four (4), by visual examination, X-rays and probing to measure the depth of the gum pockets. You will be informed of your status and be asked to sign the evaluation form. A grade of 0 means you do not have any gum pockets over 3mm, no bleeding and almost no calculus present. Your teeth will be cleaned with a special ultrasonic with some medicated irrigation solution, and you will maintain regular cleanings at a six month interval.

If you have any gum pockets reaching 4mm or deeper, you will be graded in categories 1 through 4, and will need a different approach to help clear your gums of disease. You will now be considered a periodontal maintenance patient and will need more than your regular two cleanings per year to keep the gum disease under control. Usually, three to four cleaning appointments are required per year for patients with periodontal disease. You will receive a proper description of your classification as well as a formal treatment plan and the schedule needed to follow with this office to assure success in the treatment of your condition. You need to understand that the reduction of the gum pockets we will achieve is like a “Velcro” attachment to the teeth, and not as strong as the original attachment. Hence, it only takes three months for the bacteria to destroy it again. If you have gum disease and do not follow your three month follow-up, the “Velcro” attachment will disappear and the therapy will need to be redone.

The bacteria causing gum disease are held together by something called bio-film. Our first approach will be to remove the bio-film 24 hours a day. This is done by wearing special trays for a few minutes each day with one or two special medications. Depending on the severity of your disease, we may also propose a mix of scaling, irrigation and laser therapy. Some cases will also need antibiotic therapy. We will propose a more adequate tool to brush your teeth with, to get to the bottom of your pockets and avoid progression of your disease. A full treatment plan and schedule will be proposed to you to clear your periodontal disease.

We will try to make this process as easy as possible for you to understand. Please do not hesitate to ask any questions. Do not forget that periodontal disease is serious and can be controlled only if we are doing a good job, and if you are doing your part. Our treatment plan will be comprehensive and not be limited to what a specific insurance company will pay. We will explain what your insurance coverage benefits may cover, however most insurance companies have limited periodontal coverage which may increase your out of pocket expense in treating your disease.