

SUPPORTIVE GUM (PERIODONTAL) THERAPY

INFORMATION ABOUT SUPPORTIVE GUM
(PERIODONTAL) THERAPY / MAINTENANCE

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What does supportive periodontal therapy (SPT) involve?

Imagine your gum health to be like a car - it needs to be serviced every so often to prevent it from breaking down. If it's left, and it breaks down, you're usually left with a more intensive repair and its more expensive to fix the damage. All research shows that without supportive periodontal therapy (also known as maintenance), you have a much greater chance of disease relapse. This would therefore lead to the need for repeat intensive treatment and the risk of further tooth loss in that time.

Therefore, long-term supportive therapy is imperative and should involve:

1) Assessment - this will include a detailed check of your oral hygiene levels and periodontal status. By complying with the recommended interval for maintenance, any relapse or new disease can be picked up before it's too severe, potentially avoiding the need for extensive repeat treatment.

2) Treatment - usually you will only require "maintenance plaque removal." Local anaesthetic may or may not be used for your comfort. Oral hygiene instructions are recapped and reinforced if required. Occasionally, some sites may worsen and maintenance alone will not be sufficient to control it. If this is the case, alternative treatment may be advised.

3) Risk evaluation - based on the measurements taken and assessments carried out, a risk evaluation is performed in order to provide you with a recommendation on how long a gap should be left before the next advanced maintenance visit. For most patients, this is usually 3 months.

In some cases, where deep pockets still exist, the aims of supportive periodontal therapy are to slow down the progression of the condition, prolong the lifespan of teeth and ensure your mouth is as comfortable as possible. The alternative to this is no treatment, which is not recommended.

We advise maintenance for at least 12 months following non-surgical or surgical treatment as this is the most common interval for relapse. Following this you will be reassessed by Dr Dhroov, and make a long-term plan which will likely involve your referring dentist or hygienist.

What are the benefits of SPT?

- Opportunity to maintain and refine oral hygiene techniques
- Maximise the long-term benefits of treatment
- Increase the lifespan of teeth
- Early detection of any relapse in disease or new disease
- Early intervention if required

What are the risks/complications of SPT?

None.

How often do I need SPT?

Usually every 3 months, but this will be individually tailored.

How much does SPT cost?

Each session varies, but is usually £90. We would normally recommend you to join our membership plan, which saves you a considerable amount rather than pay-as-you-go. Our periodontal plan starts from £26.99/month. You will also be eligible for up to 10% discount from any cost of future dental treatment.