

Prophy vs Periodontal Maintenance



If you have been diagnosed and treated for periodontal disease, your doctor may recommend what is called periodontal maintenance therapy to keep the disease under control. There are some important differences between this and a routine dental cleaning that are important to understand.



A routine dental cleaning is designed for prevention- meaning its purpose is keep gum disease and tooth decay from developing.



It involves your hygienist cleaning your teeth above the gum line- removing plaque, calculus, and stains, as well as polishing them. This usually takes place every 6 months.



On the other hand, periodontal maintenance therapy is meant for treating patients who've already been diagnosed with gum disease to control it and prevent it from worsening.



It involves your doctor or hygienist performing a deep cleaning of the teeth beneath the gumline and deep into the pockets, removing any harmful plaque and bacteria buildup that has occurred since the last visit.



Any uneven surface areas of the teeth will be smoothed out to discourage additional bacteria from attaching. To keep up with the pace of bacterial growth, this usually takes place every 3 to 4 months.



Given that there is no cure for periodontal disease, periodontal maintenance therapy is crucial to prevent it from worsening and causing additional complications to your oral and systemic health. Your doctor will work with you to create a maintenance schedule that best suits your unique needs.

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