

## Healthy Smile Tips

- Brush your teeth twice a day with a fluoride toothpaste.
- Clean between your teeth daily.
- Eat a healthy diet that limits sugary beverages and snacks.
- See your dentist regularly for prevention and treatment of oral disease.

For more information about taking care of your mouth and teeth, visit the hospital's website, [www.dentalhospitalbangkok.com](http://www.dentalhospitalbangkok.com)



DENTAL TREATMENT

# Scaling and Root planing:

## A treatment for gum disease



**DENTAL HOSPITAL**  
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## Periodontal disease is also known as gum disease

Periodontal disease is an infection and inflammation that affects the tissues and bone that support your teeth. It is also called gum disease.

When your gums are healthy, your gum tissues tightly hug each of your teeth. When you have gum disease, your gum pull away from your teeth. As the gum disease gets worse, the tissues and bones that support your teeth are damaged.

Over time, your teeth may fall out or need to be removed. Treating gum disease in the early stages is very important and can help prevent tooth loss.

This brochure talks about Scaling and Root Planing, a type of deep cleaning treatment that your periodontist may recommend for treating your gum disease.



**Healthy gums** and bone hold teeth firmly in place. Gums hug the teeth tightly. There is little or no buildup of plaque and tartar (calculus).

## Before Your Treatment

### Causes of gum disease

Plaque is a sticky film that is always on your teeth. Plaque hardens when it is left on your teeth and gums. Hardened plaque is also called tartar. Bacteria that live in the plaque can cause your body to react and make your gums become inflamed.

When your gums are red, puffy and swollen, they can start to pull away from your teeth. Spaces called pockets start to form between your gums and teeth. These pockets contain more bacteria.

As the bacteria stay in the pockets, your gum disease will get worse. The bacteria in the pockets produce toxins. Your body responds by breaking down the gum tissues and bone around your teeth.



**Gingivitis** is the early stage of periodontal disease. It develops as plaque irritates the gums. The gum becomes red, tender, swollen, and likely to bleed.



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## Checking for gum disease

The periodontist uses an instrument called a periodontal probe to gently measure how deep the pockets are around each tooth. When your teeth are healthy, the pocket depth is usually 3 millimeters (mm) or less.

Usually, the worse the disease, the deeper the pocket, which means bacteria have more room to grow and cause serious damage to your teeth, gums and bone.

Dental x-rays can be taken to check your teeth and the supporting bone. Bone loss can be a sign of damage from gum disease.

All periodontists are trained to detect and treat gum disease. A periodontist who specialises in the treatment of gum disease. A periodontist is also well versed in the surgical treatment of gum disease.

If you schedule regular dental exams, the periodontist can catch periodontal disease before the gums and the bone supporting your teeth are severely damaged

### Periodontal Probe



Periodontal probe of healthy gums.



Periodontal probe showing a pocket forming between the tooth root and the gums.

## During treatment

Your gum disease treatment will depend on several factors, including your personal health history and the stage of your gum disease.

The first step in treating gum disease usually involves scaling and root planing. This treatment may be done over more than one visit, depending on your personal needs.

**Scaling:** The periodontist removes plaque and tartar down to the bottom of each periodontal pocket.

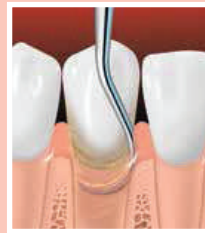
**Root Planing:** Then, the root surfaces of your teeth are smoothed, or “planed”, to allow the gum tissue to head and reattach to the teeth.

The periodontist may recommend certain medicines to help control infection and discomfort or to aid healing.

### Scaling and Root Planing



Scaling removes plaque and tartar from below the gum line.



Root planing smooths the tooth root and helps the gums re-attach to the tooth.

## Scaling and Root Planing

Scaling and root planing may take more than one visit depending on the amount of treatment and need.

At follow-up visits, the periodontist will measure the pocket depths to see if scaling and root planing has been successful. If the pockets have deepened and the supporting bone is lost, more treatment may be necessary.

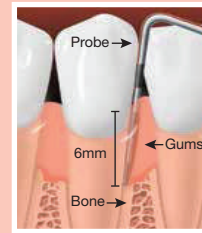
### Periodontal Surgery

If the pockets do not heal enough after scaling and root planing, periodontal surgery may be needed. Surgery allows your periodontist to remove tartar and plaque from hand-to-reach areas.

After surgery, your gums are stitched into place to tightly hug your teeth. Surgery can reduce pocket depth and make it easier to keep your teeth clean.

If bone has been damaged by gum disease, you may need surgery to rebuild or reshape the bone.

### Periodontal Surgery



Probe shows pockets due to gum disease. Gums are inflamed and bone loss has occurred.



The bone is contoured and any remaining tartar is removed.

## Care after treatment

### You will have a follow-up visit with your periodontist

Another dental visit will be scheduled within a few weeks or months after your last scaling and root planing treatment. At this visit, your periodontist will look at your gums to see how they have healed. They will measure the periodontal pockets again. If the pockets have gotten deeper and the supporting bone is lost, more treatment may be needed.

Once your periodontal treatment is completed, your periodontist may recommend more frequent checkups and cleanings. Regular dental visits and maintenance care are important to keep your gum disease under control.

