

Periodontic Treatment

Conservative Periodontal Therapy

Around 90% of treatment measures undertaken are non-surgical or conservative periodontal treatments or cleaning and medication.

Cleaning is the first step is cleaning by removing plaque and tartar on the teeth (scaling) and below the gum line (root planing) to remove rough spots where bacteria gather and giving gum tissues an opportunity to heal and pockets to shrink.

Medication is used to control the bacterial infection, lessen pain and aid healing, following cleaning. Medication can include antimicrobial mouthwash and substances (chips, gels or microspheres) that are inserted into the periodontal pocket. Enzyme suppressants in pill-form prevent the break down of gum tissue.

Effectiveness of these methods is assessed at the next visit when pocket depth is again measured. Many patients don't need further treatment, only preventative care.

Surgical Periodontal Therapy

This involves changing the gum structure if non-surgical treatment has not reduced the depth of the pockets in order to remove inflamed tissues and reduce the damage to the bone that has formed around the teeth.

Flap surgery removes tartar deposits in deep pockets or to reduce the depth of periodontal pockets to make it easier to keep the area clean. It involves lifting back the gums and removing the tartar. The gums are then sutured back in place so that the tissue fits properly around the tooth again.

Bone and tissue grafts replace or encourage new growth of bone or gum tissue destroyed by periodontitis. Tissue is taken from the patient or another source to rebuild destroyed bone or gum to form an even gum line and reduce sensitivity. During guided tissue regeneration, a small piece of mesh-like fabric is inserted between the bone and gum tissue which keeps the gum tissue from growing into the area where the bone should be, allowing the bone and connective tissue to regrow.

Membranes (filters), bone grafts or tissue-stimulating proteins may be used to encourage the body's natural ability to regenerate bone and tissue. Splints, bite guards or other appliances may be used to stabilise loose teeth and to aid in the regeneration of tissue during healing.

Implants offer a permanent solution to tooth loss caused by periodontal disease and consist of a titanium screw inserted into the jaw bone and an attached tooth prosthesis or crown.

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Periodontal Maintenance Therapy

Regular maintenance following professional periodontal treatment is essential to prevent a reoccurrence of gum disease.

Maintenance includes a periodontal check up every 6 to 10-12 months, to review the build up of biofilm of bacterial plaque. This is especially important in the 20% or so of people who have a genetic propensity for gum disease. The frequency of visits depends on each individual case and these are in addition to your regular visits to the dentist.