

# NON-SURGICAL PERIODONTAL THERAPY

Non-surgical periodontal therapy is the removal of plaque and calculus from above and below the gum line. It also may include oral medications and rinses to kill bacteria and aid in gum and bone healing.

## Frequently Asked Questions

### 1. What materials are used during Non-Surgical Periodontal Therapy?

The following materials and techniques may be used in your non-surgical periodontal therapy:

- Hand held instruments known as scalers and ultrasonics to clean the teeth.
- Local anaesthetic (numbing) to control sensitivity.
- Anti-bacterial rinses to help decrease plaque and calculus.
- Antibiotic and antiviral pills to help kill bacteria and viruses and reduce the destructive response some people have to periodontal infections.
- Laser treatment to control bacterial levels around affected areas.



Before non-surgical periodontal therapy



After non-surgical periodontal therapy

### 2. What are the benefits of Non-Surgical Periodontal Therapy?

Some potential benefits of non-surgical periodontal therapy include:

- Eliminating the infection present
- Controlling further infections and bone loss
- Reducing swollen and bleeding gums
- Reducing bad breath
- Avoiding tooth loss
- Decreasing the risk for diseases associated with periodontal disease such as cardiovascular disease, diabetes and rheumatoid arthritis
- Decreasing the risk in pregnant women of low preterm low birth weight babies

### 3. What are the risks of Non-Surgical Periodontal Therapy?

Some potential risks following treatment may include:

- Tenderness of the gums for a period of time
- Open spaces developing between the teeth at the gum line due to shrinkage of previous swollen gums; these spaces may trap food and cause increased temperature sensitivity of the teeth for a period of time.
- Temporary tooth staining from certain anti-bacterial rinses

### 4. What are the alternatives to Non-Surgical Periodontal Therapy?

The alternatives to non-surgical periodontal therapy are:

- Surgical periodontal therapy
- No treatment

It is important to understand that periodontal disease is not curable. In the early stages it may not even be noticeable to you. If you do not manage your disease by performing excellent home care, attending recommended cleaning intervals at your dental office and adopting appropriate periodontal therapies, you must recognize the risk of further periodontal infection and ultimately tooth loss.