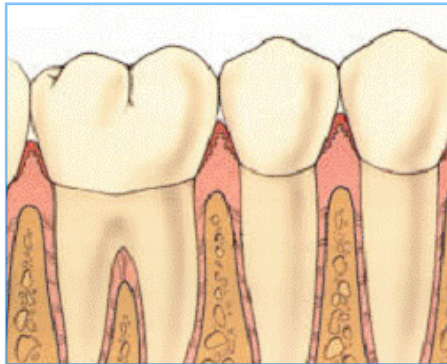


# Initial Therapy - Treating Periodontal Disease

*My Periodontal Summary Score + My Risk Level + Professional Review = My Treatment Plan*

My Periodontal Summary Score			My Risk Level
>3	≥6	BOP	My Contributing Factors
			My Critical Factors



Healthy gums are high, tight and light pink in colour, and follow the natural contour of the teeth. Bone levels are high and support the tooth.



Moderate periodontitis with deepening pockets, calculus and plaque on the roots, red inflamed or itchy gums that bleed and shrinking bone levels.



Advanced periodontitis with severe bone loss, root exposures & risk of infection. Tooth loss has likely occurred & may be imminent in additional areas.

## What procedures are performed during initial therapy?

**Scaling** - Removal of hardened bacteria (calculus) from above & below your gums using hand instruments and/or ultrasonic scalers.

**Root Planing** -After all calculus has been removed, a scaling instrument is used to remove a thin layer of diseased root surface. This creates a smooth root surface which allows your gum tissue to heal against it and results in the closing of periodontal pockets.

**Gingivoplasty "Gum Trimming"** - In areas where pockets have increased, some minor gum tissue removal is required. This may cause some minor sensitivity which usually subsides after 1 –3 days.

**Overhang Removal** - Poorly shaped crowns or fillings prevent proper healing. The margins of your fillings and crowns may require some adjustment which will improve your access for tooth cleaning, improving periodontal health.

### Contact Us:

**By Phone**  
416.512.1146

**By Email:**  
[info@drgaller.com](mailto:info@drgaller.com)

### Hours of operation:

Mon - Wed: 9am- 5pm  
Thurs: 1pm - 6pm  
Fri: 9am - 2pm

### After hours emergency:

Dial 416.512.1146 and press 5 as soon as the voicemail greeting begins and your call will be routed to Dr. Galler directly. If you are unable to reach him via phone, email [drcg@rogers.com](mailto:drcg@rogers.com).

*Please note:  
After hours contact should be reserved for emergencies only. We are always pleased to serve you during regular business hours.*

### Remember!

***In order to achieve long-term periodontal health there must be long term supervision of your periodontal health. This requires a commitment from yourself, your dentist and your periodontist.***

**Dr. Cary Galler, Periodontics and Dental Implants**

5 Park Home Avenue, Suite #630, North York, ON, M2N 6L4

# Initial Therapy - Treating Periodontal Disease

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## What are the risks of Initial Therapy?

We will give you a local anesthetic to make your appointment more comfortable. Although most patients experience little or no discomfort during and after their appointments, some patients report mild tenderness of the gums after an appointment. If gingivoplasty has been performed, a mild tenderness may last for 2-3 days. Some patients experience sensitivity to cold following periodontal treatment. To reduce sensitivity, brush and floss regularly. Fluoride gels may also be useful. Slight bleeding may be noted on the day of treatment. This should subside within 1-2 days. Finally, as unhealthy swollen and inflamed gums begin to heal, the gums will tighten or firm up. As a result, you may notice that the roots of your teeth are more exposed or that the spaces between your teeth have become more open. There is no need to be alarmed. These open spaces serve a positive role, by allowing you improved access and ability to remove plaque in areas which were previously inaccessible. Overall, the benefits of treatment far outweigh the risks.

## I have Periodontitis. I don't want treatment right now. What are my options?

We are here to help you make an informed decision about treatment that suits you. As such, you should be advised that Periodontitis does not heal or go away on its own. In fact, with time it will progress. As with any diseases, treatment options are more varied and have a higher chance of success in the early stages of disease. Often, in moderate cases of Periodontitis, permanent irreversible damage has already occurred. You should consider the enormous benefits of early treatment, including saving teeth, supportive bone and the expense of more costly surgical procedures as the disease advances.

**Carefully review the reverse side of this form which explains what Initial Periodontal therapy entails. You may be surprised at how simple and effective treatment can be!**

## Did you know?

*Being diagnosed with periodontal disease often comes as a surprise to many people. It is usually not painful and can only be detected by a trained eye. Because it progresses slowly, you may not be aware of it until the advanced stages. Regular dental care can catch periodontitis in its early stages when it is simpler to treat. Once receiving initial periodontal therapy, it is crucial to attend your appointments as they are scheduled. Missing appointments allows the periodontal bacteria to over populate in your mouth, bringing your disease back to stage one. Book your appointments as recommended and stay the course for optimal results!*

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