

## Treatments for Gum Disease

Periodontal treatment options will depend upon severity and the type of the disease. Your oral health care providers will help evaluate the level of periodontal disease and will consult and recommend the appropriate treatment plan.

Periodontal disease advances as the sulcus, the space between the gums and teeth become filled with bacteria, plaque, tartar, and other toxins, causing irritation to the encompassing tissues. When these irritants persist in the pocket spaces, they can instigate infection to the gums and eventually, the bone structures that support the teeth.

One to two oral health cleanings might be needed if the periodontal disease is caught in the early stages of gingivitis, and no significant damage has been done. Your oral health care professionals should provide you with the needed instructions on improving your routine oral hygiene habits to help ensure that the issue stays resolved.

If the disease has advanced passed the initial stage to the more advanced stages, special periodontal cleanings called root planing and scaling will be recommended. This deep cleaning method is generally done from one quadrant of the mouth at a time while the area is numb. The goal of this procedure is to remove the plaque, tartar, and other toxins from above and below the gum line (scaling) and the rough grooves on the root surfaces are made smooth (planing). This treatment should helps gum tissues heal and the pockets to shrink. In order to help maintain the healing process and control the infections medications, special mouth rinses, and an electric tooth brush might be recommended.

If the pockets or spaces between the teeth do not fully heal after root planing and scaling, periodontal surgery might be needed to reduce the depth of the pockets, which will make the teeth much easier to clean.