

**East Islip Dental Care
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What is periodontal disease?

Periodontal disease is an infectious and inflammatory disease which destroys the periodontal tissues. These tissues consist of the gums and the bone that support the teeth. It is a gum and bone disease. Periodontal disease affects three out of four adults. It is caused by a growing colony of living bacteria called plaque. The greatest cause of adult tooth loss is periodontal disease.

In the early stages of periodontal disease there is little, if any, pain; therefore you may not notice the gradual onset of puffiness and occasional bleeding. Without thorough removal, toxins from plaque cause the disease process to continue. Periodontal disease left untreated may result in extensive bone destruction and possible tooth loss.

If detected in the early stages, periodontal disease can be treated and controlled.

We will refer to the timely diagnosis and treatment of the signs and symptoms of periodontal disease as Soft Tissue Management.

What is Soft Tissue Management?

Soft Tissue Management is an individualized plan to eliminate infection of the gums and root surfaces. An appropriate plan will be chosen by your dentist, hygienist and you. The hygienist will perform the treatments to eliminate infection, make recommendations to help you more effectively clean your teeth daily, and guide you through our efforts to achieve and maintain oral health.

What is Root Planing?

Root planing is the treatment of the diseased root surfaces below the gumline. A routine prophylaxis (cleaning) emphasizes cleaning the teeth above the gumline in a generally healthy mouth. Root planing focuses on eliminating tartar and plaque below the gum and detoxifying the root surfaces where the disease occurs. Obtaining smooth roots and flushing out the pockets allows for healthy reattachment of the gums to the root surfaces.

What do we hope to accomplish with Soft Tissue Management?

- Gums that do not bleed. Healthy gums do not bleed!
- Fresher breath and taste
- Gums that are not red, swollen, or tender

- Knowing how to effectively maintain good oral hygiene
- Reduced pocket depths
- Control of Periodontal Disease

What do we need from YOU, the patient, to make this treatment a success?

- Completion of the periodontal therapy prescribed by your dental professionals at East Islip Dental Care
- Thoroughly cleaning all tooth surfaces two times a day
- Maintenance of regular recare visits