

## Maintenance for Gum Disease

The time it takes for plaque to turn into tartar (calculus) is only about twenty four hours. Daily oral hygienic cleanings can help remove the plaque and prevent tartar formation

After your periodontal treatment has been accomplished, your oral health care professionals will recommend routine periodontal maintenance cleanings, usually up to four times per year. These appointments will focus on examining the depths of the spaces between your teeth to ensure that they are healthy. Also, plaque and tartar that is more difficult for you to remove on a daily basis will be removed from above and below the gum line.

Other than the routine periodontal cleaning and examinations, your appointment will likely involve a diagnostic dental x-ray to detect tooth decay, cysts, tumors, abscesses, and bone loss. X-rays can also help determine the positions of the tooth and roots and whether the teeth are moving into the open spaces caused by tooth loss or decay. Regular examinations will be conducted to check for any tooth decay and to check the existing dental restorations like fillings, crowns, and bridges. Tooth polishing to remove unsightly stains and plaque will also be done during a periodontal cleaning. There is also time for oral hygiene recommendations. Your oral health care professionals can assist you with the information needed on many of the aids that you might need such as electric tooth brushes, fluoride treatments or rinses, and special periodontal tooth brushes.

One of the more common examinations are oral cancer screenings. During an oral cancer screening the face, neck, tongue, lips, throat, gums, and cheek tissues will be checked for any signs of oral cancer.