



SHINE

SCALING AND ROOT PLANNING

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TREATMENT PLAN

WHAT IS IT?

Plaque can build up on your teeth and under your gums. This causes your gums to become sensitive and inflamed. If left untreated, this inflammation can lead to periodontitis. Periodontitis is a disease of the structures supporting your teeth like the gums and bones. This can result in bone and potentially tooth loss. This inflammation is controllable afterwards with good maintenance and home care.

WHY DO I NEED THIS?

Sometimes we need a little bit more than a typical cleaning. Bacteria trapped between the teeth or below the gums can be harmful for the entire body since the bacteria can enter your bloodstream.

WILL IT HURT?

Don't worry - we will numb you! You may be sore for the next 24 hours.

HOW LONG WILL IT TAKE?

This is a two-visit treatment with each visit being about an hour. Your mouth could be numb for a few hours after your appointment, so we encourage you to grab a bite to eat beforehand.

HOW OFTEN DO I HAVE TO DO THIS?

Moving forward, maintenance is key in order to protect your gingival health. Following scaling and root planing we encourage diligent home care. However, every three to four months, we will see you for a checkup to make sure you're keeping up with it.