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DIPLOMATE OF THE AMERICAN BOARD OF PERIODONTOLOGY

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### **Periodontal Maintenance**

You have completed your initial therapy and/or surgical treatment. You have now entered the periodontal maintenance therapy (PMT) phase of your periodontal treatment.

#### **What is a PMT?**

This procedure is for patients who have completed periodontal treatment (surgical and/or non surgical). Periodontal maintenance therapy consists of a full mouth probing (periodontal evaluation), removal of bacteria (plaque and tartar), scaling and polishing of the teeth, review of oral hygiene, irrigation of pockets if necessary, and fluoride treatment. The procedure will be done by a Registered Dental Hygienist and an evaluation by your periodontitis.

#### **Why every three months?**

*Your recare interval is structured especially for you and your needs.* As a periodontal patient with a history of gum disease, it is clinically proven that the bacteria in plaque reorganize every 90 days. Debriding (scaling/cleaning) the periodontal pocket every three months disrupts the bacteria. This reduces the inflammatory response and is proven to more effectively maintain periodontal health.

#### **Alternating every three months.**

Once your periodontal status is stable, we will alternate your recare with your general dentist. This means you will be seen every three months: twice a year by your general dentist; twice a year by us.

*Regular periodontal maintenance is very important to your periodontal health and maintaining previous treatment. You have made an investment in your teeth and gums; let us help you keep that smile.*