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PREVENTIVE MAINTENANCE THERAPY

For The Healed Periodontal Patient

CONGRATULATIONS! The ACTIVE phase of your periodontal treatment has been completed and now you're ready for the PREVENTIVE phase or what we call our "PREVENTIVE PERIODONTAL PROGRAM".

WHY DO I NEED "MAINTENANCE THERAPY"?

Because periodontal disease can easily recur, it is absolutely necessary that you follow a closely supervised, systematic program of continued therapy. Otherwise, all the good that's been accomplished to this point can be lost. As a matter of fact, clinical research indicates this may be the most important aspect of your treatment.

WHAT'S INVOLVED?

A Preventive Periodontal Program consists of two parts: you will continue to be examined by me at regular intervals and you will also have regular Maintenance Treatments. All aspects of your therapy are extremely important and can mean the difference between success and failure. For example, routine cleanings alone can rarely substitute for the special Maintenance Treatments you need.

WHAT HAPPENS AT THE MAINTENANCE TREATMENTS?

During these preventive periodontal visits, I, in conjunction with one of our periodontally trained dental hygienists, will:

1. Evaluate the health of your gum tissues and check for any signs of the disease returning.
2. Compare current findings with previous records and update all information.
3. Evaluate your Personal Plaque Control procedures and offer suggestions to improve their effectiveness.
4. Remove deposits, roughness and stain from the root surfaces above and below the gumline.
5. Apply medications to reduce root sensitivity.
6. Periodically evaluate your general health, diet and any other factor that may affect your periodontal health.
7. Clean and examine your biteguard (if you have one). Removable bridges may also be cleaned.
8. Perform a screening examination for oral disease.

HOW OFTEN ARE THESE TREATMENTS NECESSARY?

Since everyone responds differently, each patient has a different need for Preventive Periodontal Visits. For some, the interval between appointments can be six months; for others just two months. The average, though, is three to four months.

Whatever the interval, DON'T risk a relapse by extending this "SAFETY ZONE" too much.

Above all, do not hesitate to call and request an earlier appointment if symptoms return or if you simply feel uneasy about your condition.

REMEMBER: YOUR WELL BEING IS OUR MAIN CONCERN!

WILL OTHER SERVICES BE NEEDED?

I am always available to perform any "SPECIAL SERVICES" you may need. For example, I may:

1. Consult with your dentist on different oral procedures such as crowns and bridges, root canal treatments, etc.
2. Consult with various medical professionals on general medical problems, diet, oral and facial dysfunctions, etc.
3. Perform surgery or other treatment in areas of definite relapse.
4. Prescribe treatment for sensitive teeth.
5. Diagnose and treat special bite problems.

WHAT ABOUT THE FUTURE?

It usually takes many months and sometimes years before a periodontal patient can be considered **STABLE** and even then it is necessary to monitor the patient's condition to guard against a relapse.

Your first evaluation by me is generally scheduled soon after the active periodontal treatment has been completed. At that early healing stage, I may assess questionable teeth and your need for restorative treatment. As your healing progresses, you will continue to see me at regular intervals.

Approximately one to two years later, I may undertake a major re-examination which could include new X-rays, evaluation of your general health, your existing periodontal condition, etc.

Depending upon how stable your periodontal health is at that time, I will discuss with you whether to continue these special Maintenance Treatments at our office or if routine cleanings by your general dentist will be sufficient.

To monitor your condition thereafter a full mouth X-ray series should be taken about every two to three years along with periodic examinations by me. We'll also keep your general dentist informed about your progress.

WHAT ABOUT FEES?

A basic fee covers those services usually performed for you at each Maintenance Treatment appointment. All other services are charged separately.

All fees are due and payable at the time of the appointment unless you have made other arrangements with us. If you have any questions concerning fees, please feel free to discuss them with me.

THAT'S OKAY FOR MY GUMS, BUT WHO LOOKS AFTER MY TEETH?

It takes a full team of highly trained specialists to provide you with today's best, most **COMPREHENSIVE** dental care. Your general dentist is the person best qualified to help you maintain the health of your teeth. That's why you should have a check-up with your dentist at least once a year ... without fail!

Everyone in our office makes every effort to fulfill his ongoing responsibility to you. My staff consists of carefully selected professionals who have been trained to assist me in treating your Periodontal needs and in keeping your costs reasonable. They are responsible to me and I am responsible to you.

WHAT IF I THINK A FRIEND MIGHT HAVE PERIODONTAL DISEASE?

Many patients express concern that a friend or family member may also be suffering from periodontal disease without knowing it and they want a professional evaluation. As a service to these patients, we are happy to offer a "PERIODONTAL SCREENING EXAMINATION" for their friends or family.

IS THERE ANYTHING ELSE I SHOULD KNOW? ... "YES!"

1. Root Decay

If periodontal disease has destroyed a portion of the supporting gum tissues, dental decay may attack the root surfaces that remain exposed. Dental decay is most commonly caused by plaque and refined sugars in any form (bakery goods, Lifesavers, medicated cough drops, chewing gum, etc.). Sugar and plaque have been known to destroy teeth that were immune to decay **PRIOR** to periodontal disease! That's why you should see your dentist at least once a year.

2. Coordinating Dental Appointments

Never make the mistake of delaying a Preventive Periodontal Visit because you're having other dental work done at the same time. In most cases, the two types of work won't interfere with each other (or substitute for each other) and a delay in your periodontal treatments could be harmful.

3. Stains and Sensitivity

Tobacco, coffee and tea stains are not harmful in themselves and may not be entirely removed by us at each Preventive Periodontal Visit. Removing these discolorations can actually make teeth more and more sensitive since it involves the use of abrasive polishing agents. The process is also very time-consuming. However, if you request it, we'll arrange additional appointment time for this "SPECIAL SERVICE".

GOOD HEALTH IS NOT ACCIDENTAL ... IT TAKES TIME AND CARE!

By faithfully following the Preventive Maintenance Program we've just described ... and assuming no unusual problems develop which affect the supporting tissues ... you have every reason to look forward to a healthy mouth for years to come!