



JOSE I. ARAUZ, DMD, PA

PRACTICE LIMITED TO PERIODONTICS AND DENTAL IMPLANTS
DIPLOMATE OF THE AMERICAN BOARD OF PERIODONTOLOGY

200 Doctors Drive, Suite N
Jacksonville, NC 28546

(910) 577-1315 main

fax (910) 577-1078

DISEASE CONTROL THERAPY (DCT)

DCT consists of an oral hygiene instruction (OHI) appointment, appointments for deep scaling and root planning (deep cleaning), and a reevaluation appointment made one month following your final scaling and root planning appointment.

Oral Hygiene Instructions (OHI): The OHI appointment is 45 minutes in length and will be provided by a Registered Dental Hygienist (RDH) or a Certified Dental Assistant (CDA). We will review your x-rays and the treatment recommendation made by the doctor. You will learn about the progression of gum disease, the significance of pocket depths and bone loss as well as improvement expected from treatment. We will be using a red solution on your teeth to identify the plaque (bacteria) and demonstrate correct techniques of brushing and flossing for you to remove the plaque. The OHI appointment is a critical appointment in your treatment and it is vital for you to learn and apply these techniques on a daily basis for long term treatment success.

Deep Scaling and root Planing (DSRP): The purpose of the deep scaling and root planing is to establish healthy gum tissues and reduce gum infection. Your teeth and gums will be anesthetized (numbed) by the doctor so there will be no pain during the procedure. The hygienist will use instrumentation that cleans under the gums to remove the bacteria and tarter (calculus). By removing the plaque and calculus under the gums and improving your daily oral hygiene you will begin to notice a dramatic improvement in the way your mouth feels. Your gums will be less tender and there will be a reduction in bleeding on brushing. After your last scaling and root planning appointment you will be appointed 1 month later for the doctor to reevaluate. Also, if an occlusal adjustment (bite adjustment) is indicated, it will usually be done at the reevaluation appointment.

Occlusal Adjustment: The doctor may advise an occlusal adjustment. An adjustment of your bite may be necessary to reduce heavy forces on your teeth that could cause damage to the bone around the teeth. The adjustment removes only a small amount of superficial enamel on the teeth where the teeth may be hitting too forcefully.

Reevaluation: After a period of 4 weeks we will determine how well your gum tissues have responded to the DCT. The doctor will reexamine your mouth to determine how much improvement was achieved from the DCT. Any remaining areas of concern, such as infection, bone loss and/or deep pockets, will be discussed and surgical treatment planned. He will discuss any treatment that may be required and will answer questions that you may have.