

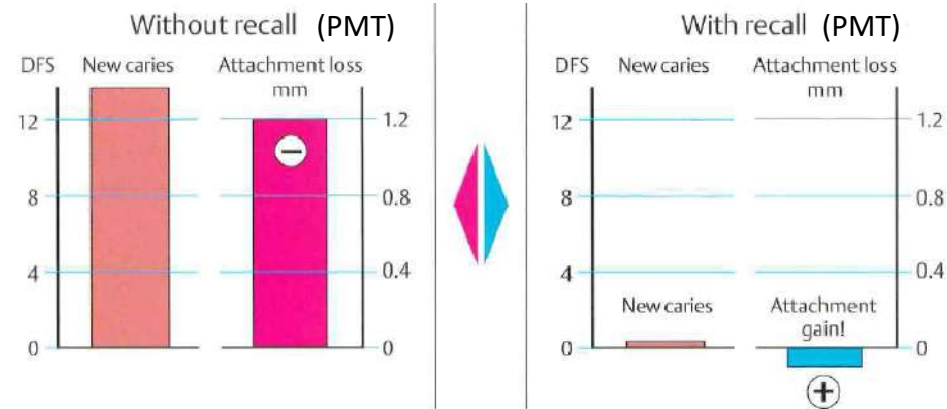
# Recall (Periodontal Maintenance Therapy - PMT)

## The primary goals of maintenance therapy include:

- Maintenance of oral health (including cancer screening)
- Maintenance of chewing function, phonetics and esthetics
- Prevention of new infection (gingivitis, periodontitis)
- Prevention of re-infection of inactive residual pockets (periodontitis)
- Prevention of dental caries

## These goals can be achieved through:

- Re-examination and re-evaluation
- Re-motivation and new information for the patient
- Re-instruction in oral hygiene and update of oral hygiene informative materials
- Supragingival plaque and calculus removal
- Subgingival debridement of pockets and root surfaces in areas exhibiting disease activity
- Topical fluoride application



*Left:* Patients who received neither homecare motivation nor preventive measures during one dental visit per year had 14 new caries and progressive attachment loss over the 6-year period.

*Right:* Similar patients who received intensive professional prophylaxis every 2-3 months developed essentially no new carious lesions and actually exhibited some attachment gain!

## 10 Point Checklist

1. Medical history update
2. Mucosal examination
3. Evaluation of inflammation
4. Pocket probing depths
5. OHI
6. Oral Hygiene
7. Calculus removal
8. Biofilm removal
9. Polishing restorations
10. Fluoridation of the teeth

## Practical Periodontal Maintenance Therapy (PMT)

### Clinical Findings

*At every PMT appointment:*

- Gingival condition
- Plaque accumulation
- Activity of residual pockets

*Additionally, every 6-12 months:*

- Pocket probing depths, radiographs(?)
- Occlusion, reconstructions (tooth vitality), caries

*Additionally, every 3-4 years*

- Radiographs, FMS

### Clinical Procedures

Depending upon the findings, the following procedures should be preformed:

*At every PMT appointment (e.g., every 2-6 months):*

- Medical history up-date
- OHI and re-instruction
- Re-motivation of patient compliance
- Plaque and calculus removal where indicated!
- Treatment of disease recurrence, p.r.n: debridement, topical meds: additional appointments.



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