Hutchinson
FAMILY DENTAL
TRENTON MORRILL, DDS

Periodontal "Perio" Maintenance Post-Operative Care

What Is Periodontal Maintenance?
Periodontal maintenance (also called a "perio maintenance" or PM appointment) is a specialized cleaning schedule for patients who have been diagnosed with gum disease. After gum therapy—such as scaling and root planing—ongoing maintenance is essential to prevent bacteria from returning and to keep gum health stable.

Perio maintenance is recommended every **3–4 months** because periodontal bacteria repopulate quickly below the gumline.

What You Can Expect at Your Appointment:

- **Comprehensive periodontal evaluation** to monitor pocket depths and gum stability
- **Removal of plaque, tartar, and bacteria** both above and below the gumline
- **Irrigation or localized medicaments** if needed to reduce inflammation
- **Polishing of the teeth** (if appropriate)
- **Oral hygiene review & personalized recommendations**
- **Progress tracking** compared to prior visits

How Perio Maintenance Differs From a Regular Cleaning:

Regular Hygiene Cleaning	Periodontal Maintenance
Preventive care for healthy gums	Ongoing therapy for patients with gum disease
Focuses on above-gumline cleaning	Includes cleaning below the gumline to manage active bacterial sites
Typically every 6 months	Every 3–4 months for disease control
Does not track periodontal pocketing beyond routine screenings	Includes full periodontal charting and monitoring

Why It Matters:
Periodontal disease does not go away on its own. Regular maintenance helps:

- Keep gums healthy
- Prevent bone loss
- Reduce inflammation
- Protect your overall health
- Maintain results from previous treatment

If you have any questions, please contact our office at 620-663-9119.