



Why a 3-Month Periodontal Maintenance Therapy Visit?

Your Soft Tissue Management Program is a conservative, non-surgical approach to control periodontal disease. There is NO CURE for periodontal disease; it can only be managed or controlled.

The bacteria that causes periodontal disease re-establishes in 3 months after treatment. A 3-Month Periodontal Maintenance Therapy (PMT) visit is critically timed to disrupt these bacteria in pockets greater than 4 mm in order to disable the destructive process at its critical stage. This critical stage is when the bacteria and their poisons do the most harm to the supporting structures, namely, the periodontal attachment.

For patients with adult periodontitis, supportive 3-Month recare is not an option—but a requirement for successful therapy. *

Waiting longer than 3 months for recare may result in advanced inflammation and may require anesthesia to eliminate discomfort when treating. Your recare interval will be determined by your hygienist and dentist to best manage your oral health according to your individual needs.

*American Dental Association