

Our STM Program

Stage 1: Gingivitis

STM 1 - Two Visits - \$330

Visit 1: Full Mouth Debridement

**Visit 2: Fine scale and Polish
Home Care Instruction**

Stage 2: Early Periodontitis

STM 2 - Three Visits - \$505

Visit 1: Scaling and Root Planing ½ mouth

**Visit 2: Scaling and Root Planing ½ mouth
Possible Sulcular Medication
Home Care Instruction**

**Visit 3: Evaluation
Fine Scale and Polish
Home Care Evaluation**

Stage 3: Moderate/Advanced Periodontitis

STM 3 - Five Visits - \$1205

**Visit 1: One Quadrant Scaling/Root
Planing
Possible Sulcular Medication
Home Care Instruction**

**Visit 2: One Quadrant Scaling/Root
Planing
Possible Sulcular Medication
Home Care Instruction**

**Visit 3: One Quadrant Scaling/Root
Planing
Possible Sulcular Medication**

**Visit 4: One Quadrant Scaling/Root
Planing
Possible Sulcular Medication**

**Visit 5: Fine scale and Polish
Home Care Evaluation**

Note: Sulcular Medication Addnl. on a per tooth basis
To insure a successful result following periodontal therapy, patient cooperation in maintaining excellent oral hygiene is essential. More frequent professional cleanings can help reduce the likelihood of the disease progressing.

Definitions

Abscess - An abscess is an enclosed collection of liquefied tissue, known as **pus**, located beneath the gum tissue.

Plaque - a colorless, odorless, sticky substance containing acids and bacteria that causes tooth decay.

Pocket - The gums separate from the tooth allowing gaps between the tooth and the gum making cleaning difficult if not impossible.

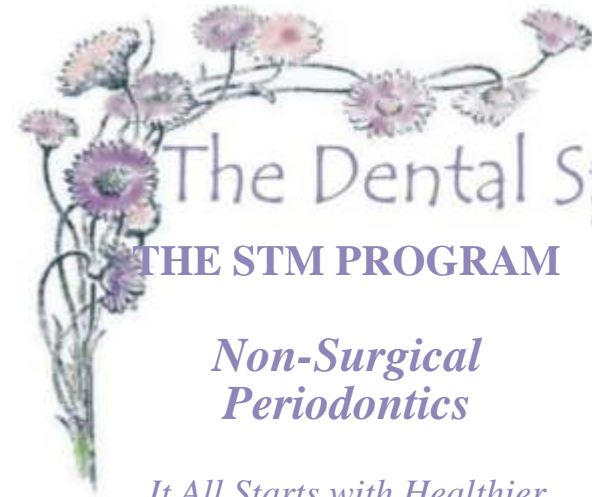
Root Planing - Deep cleaning of the teeth to remove calculus below the gum line. This is not what one normally thinks of as a “cleaning”.. This is a periodontal procedure and is usually performed one quadrant at a time. Involves scraping and smoothing the root surfaces so that gum tissue can more firmly reattach to the roots.

Quadrant - One fourth of the mouth

Scaling - Removal of plaque and tartar from around and just under the gum line. Not as deep a cleaning as Root Planing.

Sulcular Medication - Antibiotics can be given in an oral systemic dose or can also be placed directly into the gum pocket for a more targeted attack.

Tartar (Calculus) - Hardened plaque on teeth, requiring scaling to remove.



The Dental S
THE STM PROGRAM

*Non-Surgical
Periodontics*

*It All Starts with Healthier
Gums*



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What Is STM?

Soft **T**issue **M**anagement is a non-surgical approach for the treatment of *Periodontal Disease*. Before you can understand soft tissue management you need to know a bit more about Periodontal Disease and how you can identify it in its earliest stages. Treated early Periodontal Disease is easily managed with a variety of techniques which do not involve surgery. Left untreated, Periodontal Disease can progress to a point where soft tissue management is no longer an option.

Soft tissue management is also a tool for patients that, for whatever personal reason, do not believe they are candidates for periodontal treatment. It is far better to treat the disease than to leave it untreated. Periodontal therapy is normally the treatment method of choice for most patients. However, there are several conditions that lend themselves to soft tissue management.

Soft tissue management in its most simple form means 1) **identification of host factors** such as smoking, systemic disease(s), habits, medications that cause dry mouth or other oral conditions that may effect the health of the gum tissues, 2) **education** so that the patient understands their disease and the treatment required, 3) providing therapy to **eliminate the pathogens** (bugs) that cause the disease, 4) home care training to remove the local factors causing the disease (*plaque*) on a daily basis and 5) continued re-assessment on a regularly scheduled basis.

Periodontal Disease

Signs of Periodontal Disease:

1. Bleeding
2. Swelling
3. Red rather than Pink Gums
4. Pus
5. Loose Teeth
6. Bad Breath
7. Unpleasant Taste

What causes Periodontal Disease?

It is caused by bacteria (bugs) that accumulate on plaque (that sticky stuff that accumulates on your teeth if they are not brushed and flossed daily). If plaque and the harder substance, calculus, continue to stick to your teeth your gums will start to bleed, get puffy and eventually infected. This can lead to pocketing and possibly bone loss. The next thing you'll notice is loose teeth. **Now you've really got a problem!**

Soft tissue management is a non-surgical approach to the treatment of periodontal disease. It is *not* an alternative to conventional periodontal therapy but rather an alternative in many cases.

Soft tissue management takes many forms and treatment is determined by the level of your disease state. There are basically four stages of periodontal disease:

1. Gingivitis
2. Early Periodontitis
3. Moderate Periodontitis
4. Advanced Periodontitis

Stages of Periodontal Disease

Gingivitis:

Accumulation of bacterial plaque along the gum line results in inflammation of the gums. Red, puffy, bleeding gums indicate the presence of gingivitis.



Early Periodontitis: Continued

inflammation of the gums can result in the gums separating from the teeth, allowing for formation of "pockets" filled with bacterial plaque, calculus (tartar), food debris and **pus**. This painless infection now has resulted in damage to the bone (socket) supporting the teeth.



Moderate Periodontitis: Further

spread of the gum infection results in further loss of bone support. Loose, shifting teeth and more obvious recession of the gum can be seen.



Advanced Periodontitis: Advanced

gum disease is one of the leading causes of tooth loss in adults. Painful gum abscesses can occur as the deeper infection gets trapped deeper under the gum, resulting in a buildup of painful pressure.

