

# Gingivitis and Gingival Therapy Info



*Your Hygienist and Doctor have diagnosed you with gingivitis and are recommending gingival therapy. Below is an explanation of your diagnosis and the treatment required.*

## Gingivitis:

Gingivitis is the early stage of gum disease. It presents as bleeding and inflammation of the gums. This is caused by buildup of plaque on and under the gums. It is important to treat gingivitis in order to stop its progression to periodontal disease. With proper treatment and at home oral hygiene regimen **gingivitis can be reversed.**

Your Hygienist and Doctor have **recommended gingival therapy** in order to treat your gingivitis.

## Gingival Therapy:

The gingival therapy process is 2 appointments, 2 weeks apart. **Today you have completed appointment 1.** The first appointment is the gingival therapy in which the hygienist removes plaque/ tartar and places an antiseptic agent under the gums to allow for healing.

You are being sent home with Chlorhexidine (0.12%) antiseptic oral rinse - also known as Peridex. You are to use this twice a day for 2 weeks until appointment 2.

*-Instructions for use are found on an additional handout given to you today*

At **Appointment 2** the hygienist will evaluate your healing and provide a follow up cleaning which **will include the polishing of your teeth.**

## After Therapy is Completed:

Your hygienist will decide how frequently you should be coming in for cleanings

- 3 months, 4 months or 6 months