

What is Gum Disease?

Gum disease begins when a film called plaque accumulates on the teeth. Certain strains of bacteria that live in this plaque feed on gum tissue and bone. Your body tries to fight this infection with an inflammatory assault, sending white blood cells to the area to destroy the bacteria. This inflammation causes the tissue to bleed easily when you brush or floss. This stage of the condition is called **gingivitis**.

If the infection and inflammation persists, what results is a chronic inflammatory condition in which the gums and bone around the teeth are slowly destroyed, many times with no awareness or symptoms. At this state, it is called **periodontitis**, which, left untreated can continue to destroy the support of the teeth until they become loose and eventually fall out or need to be extracted.

The biggest risk factors are ineffective home care and smoking. Periodontitis has been linked to an increased risk for heart disease, stroke, diabetes, osteoporosis and other serious medical conditions. Periodontal bacteria can also be transmitted between affected family members. In short, healthy gums are the gateway to a healthier body.

Gingivitis can be reversed with regular professional cleanings and excellent home care including **daily flossing!** It is also important to eat healthy foods such as fresh fruits and vegetables. These types of foods have important anti-oxidants your body needs to remain healthy.

Once your condition has progressed to **periodontitis**, surgical intervention is usually necessary to eliminate the deep pockets which develop between the teeth and gums. If these pockets persist, they become excellent "privileged sites" for bacteria to organize colonies.

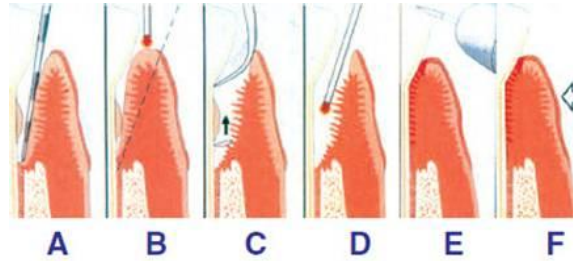
What is LANAP?

LANAP is a progressive technique using a specialized laser to destroy the bacteria which cause disease, and alter the tissue so that it has the opportunity to heal.

Traditional periodontal surgery involves incising and flapping the gums away from the teeth, curetting away diseased tissue, planing the roots and trimming or grafting the diseased bone. The flaps are closed with sutures.

The use of the laser is less invasive than traditional scalpel surgery, and results in a faster and less painful recovery.

How LANAP Works



- A. Periodontal probe indicates excessive pocket depth.
- B. Laser light removes bacteria and disease tissue.
- C. Ultrasonic scaler and special hand instruments are used to remove root surface tartar.
- D. Laser finishes cleaning pocket and aids in sealing the pocket closed so no germs can enter.
- E. Healing of gums to clean root surface occurs.
- F. Bite trauma is adjusted.
- G. Healing results in new attachment.

Usually, one half of the mouth is treated at a time. The appointments are ideally made **one to two weeks apart**, and take on average about **two hours each**.

Local anesthetic (freezing) is administered, just as if you were having a filling or crown done. The pockets are then measured while you are frozen, so that more accurate measurements can be made without causing discomfort.

A first pass is made with the laser, giving access to the pockets and allowing better visualization of the roots of the teeth. Then the teeth are cleaned very thoroughly using ultrasonic instruments, which have tips that vibrate very quickly, loosening up any deposits on the teeth and flushing them away with an irrigating solution.

A second pass is made with the laser, disinfecting the pockets and sealing them up through the formation of a stable blood clot. The bite is then adjusted so that clenching forces on the teeth are minimized.

The First Few Days

You may experience some mild soreness of the treated areas for the first few days. The tissue will appear discolored around the teeth, similar to what a scab looks like when you go in the pool. It is very important NOT to brush or pick this away, as this fibrin barrier is what allows the gums underneath to start building a new attachment.

Your bite will feel different, as if the teeth don't touch together as heavily on the treated side. This can feel imbalanced at first, but the teeth will quickly adapt, and after both sides have been treated, your bite should feel stronger and more stable than ever.

Continuing Follow-up Care

As the gums heal, the teeth will shift, and will need to be adjusted several times over the first few weeks, and possibly even for the first year and beyond. Although it seems counter-intuitive, inadequate adjustment is what is usually responsible for soreness or sensitivity following LANAP.

Three to six weeks after your surgery, impressions will be made of your teeth, and a splint will be fabricated to stabilize and immobilize the teeth while you sleep for the next six months. It is important to wear the splint, as we humans have a tendency to periodically clench our teeth and jaws during sleep. This clenching can produce extremely damaging forces which can delay or prevent healing.

Professional cleaning is recommended every three months for the first year, and re-evaluation of your condition will be done at the twelve month visit. Most people with gum disease remain at risk for the rest of their lives, and would benefit from having their teeth cleaned every three months indefinitely.



LANAP Treatment Program

UR / LR LANAP

Ibuprofen 600 mg. + Tylenol 500 mg.
3 times per day for 3 days
Liquid/soft diet for 3-7 days
NO SMOKING

UL / LL LANAP

Same as above

1 Week post-op visit

LIGHT brushing & recommended rinses only
NO flossing or electric toothbrushing
Resume normal diet but avoid hard and spicy foods

3 Week post-op visit

Light cleaning/polishing of teeth, above gumline only
Resume normal brushing, CAREFUL flossing & recommended rinses
Impressions for bite splint if possible

6 Week post-op visit

Adjust and insert bite splint, or take impressions and insert in 2 weeks
Wear every night, and wear during the day when possible

3 month maintenance visit

6 month maintenance visit

9 month maintenance visit

1 year re-evaluation

Full periodontal charting
Assess need to retreat any persistent or non-responsive areas
Discuss direction of future treatment, including any recommended restorative care

How Much Does It Cost?

On average, the cost of the LANAP Program is often less than conventional periodontal surgery. Severe conditions requiring additional treatment such as grafting or splinting of the teeth will usually cost more.

Dental insurance companies may cover a portion of the treatment. Our office accepts insurance assignment for any proposed treatment and cash, personal cheques, Interac, Visa and Mastercard are accepted payment methods.



Dr. Tim Gould is a skilled and respected periodontist with over 30 years experience and 30 scientific articles to his credit. Prior to his return to private practice in 1995, Dr. Gould was Chairman of the Division of Periodontics and the Director of post-graduate periodontal training at the Faculty of Dentistry at UBC. He remains a part-time clinical associate professor, and in the last few years, has won two "excellence in teaching" awards.

Dr. Gould has served as Chairman of several committees for the College of Dental Surgeons of B.C., President of the Canadian Academy of Periodontology and Board member of the B.C. Dental Association.

Dr. Gould has been using lasers to assist in the treatment of periodontal disease for over 20 years and was the first periodontist in B.C. to use a CO₂ laser for periodontal surgical procedures.

Dr. Gould is also the first periodontist in B.C. to be trained and licenced to utilize the LANAP protocol.

Office Hours:

Tuesday	8:00 – 4:00
Thursday	8:00 – 4:00
Friday	8:00 – 4:00

Our office is located at the northwest corner of Broadway and Oak Street.

LANAP



**Laser Assisted New Attachment Procedure
for the
Treatment of Periodontal Disease**



Dr. Timothy Gould

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