PERIODONTAL CARE

Gum disease needs a specialist team.

Bleeding gums, receding gums, a "deep cleaning" you were told you need, or implants that need careful watching — those are periodontal problems. Our three full-time registered hygienists work only on gums and implants, with Dr. Choi and Dr. Zidile on the same team when a site needs more. We measure every site at every visit, use a gentle air-and-water spray that lifts off the bacteria behind gum disease, and can show you a microscopic plaque sample so you see what we're treating.

WHY A PERIODONTAL PRACTICE

Why here — not a general practice.

- Three full-time registered hygienists focused only on gums and implants.
- Every site measured at every visit; visit spacing follows your gums.
- Microscopic plaque sampling when useful, plus periodontists on the same team.

YOUR VISIT

What happens at your first periodontal care visit.

1. **We measure your gums**
   Every site — pocket depth, bleeding, and recession. X-rays when needed.
2. **We look at your plaque together**
   Microscopic plaque sampling, so you see the bacteria with us under the microscope.
3. **We gently clean above and below the gumline**
   Air-and-water spray, then careful removal of buildup. Numbing if a spot is tender.
4. **We plan your next visit and home care**
   Visit spacing based on your gums, plus tools matched to your mouth.

YOUR SCHEDULE

How often will I need to come in?

For gum disease management, most people start at about **every 3 to 4 months**. We change that based on your gum measurements and how your tissue responds — not a fixed calendar.

AFTER THERAPY

What's normal after deep periodontal therapy.

Deep periodontal therapy is care below the gumline to stop disease from getting worse. Some tenderness is expected.

Day 0–1	Tender gums and hot/cold sensitivity are normal. Lukewarm foods and a soft toothbrush help.
Days 2–3	Sensitivity may linger. Keep brushing gently and cleaning between teeth.
Week 1+	Gums usually feel calmer and firmer. Keep home care; return for follow-up as planned.

CALL US IF YOU NOTICE

- ☐ Pain that is severe or getting worse
- ☐ Swelling of the face or gums
- ☐ Heavy or continuous bleeding
- ☐ Fever or chills
- ☐ You can't eat or brush normally

Call or text **(718) 643-1953**. After hours, your message reaches the doctor on call.

AT HOME

How do I care for my gums between visits.

- ☐ Brush gently with a soft toothbrush
- ☐ Clean between teeth daily (brushes sized for you, or floss)
- ☐ Water flosser around implants/bridges if recommended
- ☐ Keep periodontal care visits on schedule

VISIT & CONTACT

Brooklyn Periodontics & Implant Dentistry
26 Court Street, Suite 1507 · Brooklyn, NY 11242
Call or text **(718) 643-1953**
Mon–Thu 9:00am–5:00pm · Fri 9:00am–4:00pm · Closed Sat–Sun

Call **(718) 643-1953** or visit **brooklynperiodontics.com/periodontal-care**