

# Scaling and Root Planing

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Without regular dental cleanings, harmful bacteria and hard deposits called calculus build up on your teeth above and below your gums, releasing harmful toxins that can lead to gingivitis, or inflamed and bleeding gums.



If these symptoms are not treated, they may lead to periodontitis and bone loss



This buildup occurs in areas that cannot be reached by brushing, flossing, or even regular dental cleaning.



Your doctor may recommend a procedure called scaling and root planing to remove these deposits from your teeth. Scaling and planing is usually performed with an ultrasonic cleaner, which uses high-frequency vibration to separate the calculus from the tooth



This procedure is for advanced periodontal cases and may require multiple appointments to complete.



Removing the deposits can halt the spread of periodontitis. In some cases, this may bring your gums back to health. Your doctor can determine the best next steps in your treatment.