



Course of periodontal treatment

Periodontal treatment

You have been diagnosed with an infection of the periodontium, which is now to be treated.

How long will the treatment take?

By the treatment of the periodontal disease, bone resorption can be stopped and an increased strength of the teeth can be achieved. The treatment is intensive and requires your cooperation. Please allow 4 to 6 months for treatment. Approximately 7 to 8 appointments are performed in 4 treatment steps. Some treatments take only a few minutes, others take longer.

Initial therapy

Here you will learn an oral hygiene that will be optimal for the condition of your teeth. This is a prerequisite and contributes 80% to the lasting success of the periodontal treatment. Of course, you are able to brush your teeth. However, there are some peculiarities in cleaning that will support our efforts for your gum when you apply them regularly. We will demonstrate this cleaning technique and train the application of special tools with you.

In addition to a modified home oral hygiene, professional cleaning is part of the initial therapy.

The treatment plan for the health insurance

The initial therapy is followed by the documentation of the condition of your periodontium with the measurement of the so-called intrabony pockets and targeted x-ray images to see how far bone resorption has progressed. You will submit this treatment plan to your health insurance fund, which checks whether treatment is justified by economic considerations and which costs can be borne.

Closed curettage / subgingival scaling

If the application has been approved by your health insurance, the periodontitis treatment actually consists of the so-called subgingival scaling, a cleaning of the tooth root and the curettage, that is, the cleaning of the gum inside the periodontal pocket. This treatment is usually done in two sessions. Modern and gentle techniques are used for tooth and tissue. The treatment is usually painless since it is done under local anaesthesia. It may be necessary to take antibiotic drugs for 7 to 10 days and rinse with a disinfecting solution.



In order to support the healing, an after-treatment takes place: supervised healing (SH).

What happens after periodontal treatment? - the supportive periodontal therapy (SPT)

For the long-term success of the treatment, the SPT, in addition to your intensive oral hygiene to be continuously maintained, is of particular importance, which should be repeated several times (3 to 4 times per year); the intervals are determined individually. During these appointments, the gum is controlled, possibly re-inflamed pockets are treated and newly formed bacterially colonised biofilm is removed from the tooth root.

What is the cost of periodontal treatment?

The cost of treating the infected periodontium is approximately EUR800 to EUR1,000, of which approximately EUR500 are usually reimbursed by the statutory health insurance fund. The private health insurance funds reimburse according to the premium rate, but in most rates the complete invoice amount.

For the initial appointments (duration approx. 2 x 1 hour) patients have to pay EUR240 themselves.

For actual periodontitis treatment, costs are incurred only if the health insurance fund does not take them over.

For the supportive periodontal therapy, the so-called SPT subsequent to the curettage, EUR110 to EUR130 are charged depending on expenditure and duration. The costs may be reimbursed by an existing supplementary dental insurance.

The treatment plan in brief:

Initial therapy (1 to 2 appointments) by the prophylaxis assistant or the dental hygienist

Closed curettage (2 to 3 appointments) and supervised healing by the dentist

SPT (3 to 4 times a year) with the prophylaxis assistant or the dental hygienist

We wish you a successful treatment!

Dr. Astrid Fischer & team