

## Treatment of stage I-III periodontitis The EFP S3-level clinical practice guideline

### Where does the need for this guideline come from?

• Implementation of the new classification of periodontitis should facilitate the use of appropriate preventive and therapeutic interventions, depending on the stage and grade of the disease. The application of this S3-level clinical practice guideline will allow a homogeneous and evidence-based approach to the management of stage I-III periodontitis.

## What do patients need to know?

- An essential prerequisite to therapy is to inform the patient of the diagnosis, including causes of the condition, risk factors, treatment alternatives and expected risks and benefits including explanations regarding consequences of refused treatment.
- This discussion should be followed by agreement on a personalized care plan. · The plan might need to be modified during the treatment journey, depending
- on patient preferences, clinical findings and changes to overall health.

How do we interpret these infographics?

Blue colour: Recommendations in favor of a particular strategy of treatment or specific procedure.

Orange colour: Open recommendation in which the clinician is responsible for the final choice

of a particular strategy of treatment or specific procedure based on specific patient characteristics.

> Uncertain recommendation for whose clarification further research is needed.

Red colour: Recommendations against a particular strategy of treatment or specific procedure.

| Grade of recommendation grade <sup>a</sup>  | Description           | Syntax                           |
|---|-----------------------|----------------------------------|
| А   | Strong recommendation | We recommend We recommend not to |
| В   | Recommendation        | We suggest We suggest not to     |
| 0   | Open recommendation   | May be considered                |
| <sup>a</sup> If the group felt that evidence was not clear enought to support a recommendation, statements were |                       |                                  |

**TABLE** Strengh of recommendations: grading scheme (German Association of the Scientific Medical Societies (AWMF) and Standing Guidelines Commission, 2012)

# STEP 1

Aim: guiding behaviour change by motivating the patient to undertake:

- · Successful removal of supragingival dental biofilm. · Risk factor control.

It should be implemented in all periodontitis patients, irrespective of the stage of their disease.

It should be frequently re-evaluated in order to:

- · Continue to build motivation and adherence, or explore other alternatives to overcome the barriers. · Develop skills in dental biofilm removal and modify as required.
- · Allow for the appropriate response of the ensuing steps of therapy.
  - Patient supragingival dental biofilm control



**Recommended** interventions







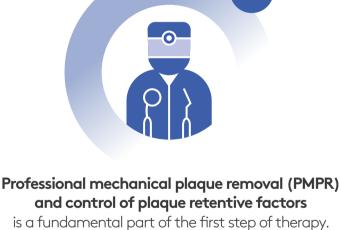
through patient engagement in behavioural changes (see specific recommendations in the section 'Supportive periodontal care').

Unclear



Professional supragingival dental biofilm control

**Recommended** interventions



Risk factor control

**Recommended** interventions



Recommended

Recommended

Suggested



Suggested

Recommende

Tobacco smoking cessation **interventions** are recommeded as part of the first step

of treatment.

**Unclear** 

interventions are necessary.



Control of risk factors

is recommeded as part of the first

step of treatment.

It is not known if

increasing the physical activity

has an impact.



and lifestyle has an impact.

**European Federation of Periodontology** 

This document is a graphic adaptation of the actual clinical practice guidelines and the reader is referred for the correct explanation to the original article: "Treatment of stage I-III periodontitis - The EFP S3-level clinical guideline" by Sanz and coworkers, J Clin Periodontology 2020. https://onlinelibrary.wiley.com/doi/10.1111/jcpe.13290

formulated, including the need (or not) of additional research.