

## **Dental Cleaning FAQs**

**Dental Cleanings are important for maintaining healthy teeth and gums. However, there are different types of therapeutic treatments which entail different treatment costs.**

The information below will help you understand the difference between the types of periodontal treatments and the role each can play in the prevention and/or treatment of dental disease. Dr. Yolanda Cintron will recommend the appropriate cleaning to suit your health needs.

### **What is a Prophylaxis – D1110?**

A prophylaxis, sometimes called a “regular cleaning”, is considered a preventive procedure where the dentist or hygienist removes plaque, tartar, and stains from the teeth. This procedure is recommended when there is no sign of disease present in the oral cavity. This is performed at regular intervals, usually once or twice per year. Patients requiring a prophylaxis are considered to have no presence of disease, and are considered to have generally healthy gums (healthy color and texture, minimal plaque and debris, and no presence of pockets around the teeth). A regular cleaning may also be appropriate for a patient with a gum condition limited to gingival inflammation, or gingivitis with no sign of bone loss or detached gingiva.

### **What is a Full Mouth Debridement – D4355?**

In rare occasions when there has been significant buildup of plaque and tartar that makes it difficult to complete a thorough examination, the dentist may recommend full mouth debridement (FMD). FMD is the removal of plaque and tartar buildup from the teeth and gums above the gum line. This procedure is considered a preliminary procedure that is generally performed prior to completion of an oral examination and diagnosis, and does not prevent the need for additional scaling and teeth cleaning procedures, because it is not addressing the periodontal needs, or the health of the gums. This procedure is strictly done to aid the clinician in further comprehensive care.

### **What is Scaling and Root Planing (SRP) – D4341/4342?**

Periodontal scaling and root planing is often called a “deep cleaning.” A dentist or hygienist will recommend scaling and root planing (SRP) when a patient shows signs of gum disease. Deeper periodontal pockets mean that your toothbrush is not properly reaching areas which need to be maintained on a regular basis, these areas will require professional dental therapeutic care. Patients who need SRP also present with loss of support for the teeth that is visible on x-rays, bleeding gums, and accumulation of plaque and tartar below the gumline. SRP procedure usually requires the dentist or hygienist to numb the treatment area so that the crown and root surfaces of the teeth can be thoroughly treated without discomfort. Any patients who present with 4mms or larger gingival periodontal depths are considered to have gingival pockets which will require this treatment.

### **What is a Periodontal Maintenance – D4910?**

A periodontal maintenance (PM) is a procedure that is recommended “following periodontal treatment (such as scaling and root planing) and continues at varying intervals, determined by the clinical evaluation of the dentist.” PM is important because periodontal disease can recur without adequate re-care treatment. PM includes removal of plaque and tartar above and below the gums and scaling and root planning specific areas which have been previously treated within the last 3 to 4 months. PM is almost always completed following active periodontal treatment such as scaling and root planning or more extensive gum surgery as a maintenance protocol.