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Greetings from the hygiene department! This letter is just to give you an idea of what to expect during your initial visit with us. You will have oral x-rays taken of all your teeth, we will perform a cleaning, and the doctor will do a comprehensive examination of teeth and gums. Before we start your cleaning, we will evaluate and consult with you first on what type of cleaning you will get. This is determined by us examining your gums. In our office, dental cleanings come in three types:

- 1) **Standard Adult Prophy**, generally referred to as *regular cleaning*, and is often covered by insurance at a hundred percent (your specific insurance plan will determine this). This type of cleaning is done if you have generally healthy gums – no bleeding, pink gums, and minimal plaque (soft build-ups around your teeth and gums).
- 2) **Full Mouth Debridement**, sometimes referred to as *gross debridement*, and most insurances cover this at 80% (but again, your specific insurance plan will determine this). This type of cleaning is done if you have mild to moderate calculus build-up (tartar, hard deposits around your teeth and gums). Should you need this type of cleaning on your first initial visit, sometimes we re-appoint you to come back for a *fine scale*. Basically fine scale is to remove any left over spicules of tartar as well as polish your teeth. We evaluate how well your gums responded to the full mouth debridement. If your gums do not heal well, it may be necessary to have to do another debridement or do a *deep cleaning*. This type is often performed to prevent advanced stages of gum (periodontal) disease; which may necessitate visiting a specialist (Periodontist/gum specialist).
- 3) **Scaling & Root Planing**, this cleaning is generally referred to as *deep cleaning or quads*. Insurance coverage for this type varies with different insurances. Scaling and root planning (deep cleaning) is not generally performed on initial visits. The doctor will determine if you need this deep cleaning after viewing your x-rays and performing a periodontal examination. Full mouth debridement is performed on initial visits to remove the bulk of the tartar build-up out and allows for better examination, you will then be reappointed at a later date to have the scaling and root planning done. Scaling is removing the calculus deposits from your teeth. Root planing is the smoothing of the root surfaces so that the gum tissue can reattach to the tooth. The preceding 3 types of cleanings are performed in our dental office. Should you have advanced gum (periodontal) disease, you will be referred to a Periodontist. Periodontal disease is the single most common cause of tooth loss in adults. This inflammatory disease attacks the gums, bone, and other supporting structures of the teeth.

Each of us is different, and so is our individual ability to resist diseases. Some patients are more susceptible than others to periodontal disease. Fortunately, you don't have to lose your teeth to gum disease. With today's state-of-the-art treatment procedures, you can feel assured that most teeth can be saved.

With look forward to seeing you!

The Hygiene Department