

DENTAL CLEANING FAQS:

Regular Cleanings
Deep Cleanings
Periodontal Maintenance

Dental cleanings are important for maintaining healthy teeth and gums.

But there are different types of cleanings, and each may require a different patient payment. The information below will help you understand the differences between types of cleanings and the role each can play in the prevention and/or treatment of dental disease. Your dentist will recommend the right cleaning for you.*

Q. What is a Prophylaxis - D1110?

A. A prophylaxis, sometimes called a “regular cleaning,” is considered a preventive procedure where the dentist or dental hygienist removes plaque, tartar and stains from the teeth. The dentist may recommend this procedure at regular intervals, possibly once or twice per year, for patients whose gum health is generally good (healthy gum color and texture, minimal plaque and debris, and shallow gum pockets around the teeth). A regular cleaning may also be appropriate for a patient with a gum condition limited to gingivitis, or gum inflammation.

Q. What is Scaling and Root Planing - D4341/D4342?

A. Periodontal scaling and root planing is often called a “deep cleaning.” A dentist will recommend scaling and root planing when a patient shows signs of gum disease. These signs may include the finding of deeper gum pockets, loss of support for the teeth that is visible on X-rays, bleeding gums, and/or accumulation of plaque and tartar below the gums. Scaling and root planing procedures are generally completed in quadrants, or sections of the mouth, and usually require the dentist or dental hygienist to numb the treatment area so that the crown and root surfaces of the teeth can be thoroughly scaled and cleaned.

The type of cleaning you need – regular cleaning, deep cleaning, or periodontal maintenance – is determined by your treating dentist based upon:

- The clinical condition of your teeth and gums
- Your history of gum disease and treatment



GO YOUSM

 **Cigna**

Q. What is Periodontal Maintenance – D4910?

A. Periodontal maintenance is a procedure that is recommended after a periodontal treatment, like a scaling and root planing. Periodontal maintenance continues at varying intervals as determined by your dentist. Ongoing maintenance is important because gum disease can recur without the right follow up. Periodontal maintenance includes removal of plaque and tartar above and below the gums, scaling and root planing of specific areas, and polishing. Periodontal maintenance is almost always done after active periodontal treatment such as scaling and root planing or more extensive gum surgery.

Q. What is Full Mouth Debridement – D4355?

A. 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. Full mouth debridement is the total removal of plaque and tartar build up from the teeth and gums. This procedure is generally performed before an oral examination and diagnosis, and does not necessarily eliminate the need for additional scaling and teeth cleaning procedures.

Do you have questions about the type of cleaning recommended for you? Take the time to discuss them with your dentist.

* Please refer to your plan documents for information on covered procedures.



This document is provided by Cigna solely for informational purposes to promote consumer health. It does not constitute medical advice and is not intended to be a substitute for proper dental care provided by a dentist. Cigna assumes no responsibility for any circumstances arising out of the use, misuse, interpretation or application of any information supplied in this document. Always consult with your doctor for appropriate examinations, treatment, testing, and care recommendations.

"Cigna" is a registered service mark, and the "Tree of Life" logo and "GO YOU" are service marks, of Cigna Intellectual Property, Inc., licensed for use by Cigna Corporation and its operating subsidiaries. All products and services are provided by or through such operating subsidiaries and not by Cigna Corporation. Such operating subsidiaries include Connecticut General Life Insurance Company, Cigna Health and Life Insurance Company, and HMO or service company subsidiaries of Cigna Health Corporation and Cigna Dental Health, Inc. All models are used for illustrative purposes only.