

Greetings from The VRFD Hygiene Department!

This letter provides an overview of what to expect during your initial visit to Vista Ridge Family Dentistry. To assess and ensure your oral health, we will take oral X-rays of all your teeth and perform a cleaning, and the doctor will do a comprehensive examination of your teeth and gums.

Before starting your cleaning, we examine your gums and consult with you regarding the type of cleaning you need. We provide three types of dental cleanings:

- 1) **Standard Adult Prophy:** Generally referred to as regular cleaning, it is often covered by insurance at 100% (your specific insurance plan will determine the amount). This type of cleaning is done if you have generally healthy, pink gums — no bleeding and minimal plaque (soft buildup around your teeth and gums).
- 2) **Full Mouth Debridement:** If it's been a while since your last dental visit, you may need a full mouth debridement on the initial visit to remove the bulk of the tartar buildup, allowing for a better examination. Sometimes referred to as gross debridement, most insurance companies cover this at 80% (your specific insurance plan will determine the amount). This type of cleaning is done if you have mild to moderate calculus buildup (tartar, hard deposits around your teeth and gums). If you need this type of cleaning on your initial visit, we may also schedule a second appointment for a fine scale (removal of any leftover spicules of tartar) and tooth polishing. We evaluate how well your gums respond to the full mouth debridement. If your gums do not heal well, it may be necessary to do another debridement or a deep cleaning in order to prevent advanced stages of gum (periodontal) disease; this may necessitate visiting a specialist (periodontist/gum specialist).
- 3) **Scaling & Root Planing:** Generally referred to as deep cleaning or quads, insurance coverage for this type of cleaning varies depending on your insurance. Scaling and root planing (deep cleaning) is not generally performed on initial visits. The doctor determines if you need this deep cleaning after viewing your X-rays and performing a periodontal examination. An appointment will then be scheduled for a later date to have the scaling and root planing 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.

These three types of cleaning are performed at Vista Ridge Family Dentistry. If you have advanced gum (periodontal) disease, we refer you to a periodontist for treatment. An inflammatory disease, periodontal disease attacks the gums, bone, and other supporting structures of the teeth and is the single most common cause of tooth loss in adults. 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.

We look forward to seeing you and promise to keep your smile healthy!

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