

Dental cleanings are important for maintaining healthy teeth and gums.

However, 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 appropriate cleaning to suit your personal dental 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. 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.

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

Periodontal scaling and root planing is often called a “deep cleaning.” A dentist will recommend scaling and root planing (SRP) 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 accumulation of plaque and tartar below the gums. SRP procedures are generally completed in quadrants (or sections of the mouth), and usually require the dentist or hygienist to numb the treatment area so that the crown and root surfaces of the teeth can be thoroughly scaled and cleaned.

What is 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 follow up. PM includes removal of plaque and tartar above and below the gums, scaling and root planing of specific areas, and polishing. PM is almost always completed following active periodontal treatment such as scaling and root planing or more extensive gum surgery.

What is 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 gross removal of plaque and tartar build up from the teeth and gums. 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.



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 periodontal disease and treatment

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. “CIGNA Dental” refers to the following operating subsidiaries of CIGNA Corporation: Connecticut General Life Insurance Company, CIGNA Health and Life Insurance Company and CIGNA Dental Health, Inc. and its operating subsidiaries and affiliates.

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