

There is a lot to do during that one hour “cleaning” appointment.....

What to expect at your first dental cleaning appointment.

While good oral health often requires help from dental hygienists and the “cleaning services” they provide, what you do with your teeth every day likely has a greater role in your long term “dental happiness”.

At each dental hygiene visit for all adults, one hour of time is dedicated to provide a number of services to you. These include:

- Review of your medical history and discussion of any specific oral health interactions/effects.
- Review of your specific dental concerns, history and possible or frank evident causes.
- Assessment of your gum tissue and bone support for all your teeth and periodic chairside recording of the information.
- Development of radiograph x-rays in order to examine all tooth structure, supporting bone and gum tissue.
- A dental examination by Dr. Lesch of your dentition, discussion of any concerns and your treatment plan (if needed)

The actual “cleaning” itself depends on the assessment and diagnosis of your gum and bone condition.

A dental “cleaning” can describe a range of several hygiene treatments for various gum and bone conditions. Your examination, followed by discussion of findings, will determine the appropriate treatment for you and your dental health.

All individuals and their dental condition are different. If you have routinely had your teeth “cleaned” on an annual or semi annual basis and practice good daily home care, the treatment of a “dental prophylaxis” is likely appropriate for you. This treatment is indicated for individuals who have overall healthy gum and bone tissues and for whom dental plaque, calculus, etc. is present primarily above the gum tissue and is readily accessed and removed. This treatment is typically completed in a one hour visit on a semi annual basis.

Individuals who have not had a dental “cleaning” for several years or longer will likely have accumulated a great deal more of plaque, calculus and debris **above and below** the gums. This condition may often require **one or two appointments** to completely remove this disease causing debris in a comfortable way to return your mouth to a healthy condition. If this is indicated, the hygienist will discuss the treatment you need as well as additional appointments and cost.

Your condition may require treatment beyond a “routine cleaning”, which is called “scaling with the presence of inflammation” or “periodontal scaling and root planning”. While all of these treatments are more in depth, costly and time consuming, our objective is to “treat your condition” in the most appropriate and complete way possible. If you are a “new” patient to our practice, we will make every effort to maximize your time and investment in your dental health. This mission starts with a thorough assessment, appropriate treatment and education on your role at home everyday in maintaining your dental health.