Willamette Dental Group

DENTAL CLEANINGS HOW OFTEN DO I NEED THEM?

It's a common question, with a simple answer – it's personal!

THE RECOMMENDATION

Based on the most recent evidence, Willamette Dental Group offers treatment plans that customize dental cleaning schedules to the need of each patient.

Risk is determined based on their oral health, diagnosed by comprehensive risk assessments for dental disease.

ADA
American Dental Association®

"The ADA wants to remind consumers that the frequency of their regular dental visits should be tailored by their dentists to accommodate for their current oral health status and health history."

DID YOU KNOW?

At Willamette Dental Group, our insurance plans include as many cleanings as are prescribed by your Willamette Dental Group dentist – *whether that's one time a year or four times a year.*

Most dental insurance plans only cover two cleanings per year. If a high-risk patient needs more than two cleanings, they typically are required to pay full fees out-of-pocket.

Plans in Oregon underwritten by Willamette Dental Insurance, Inc., plans in Washington underwritten by Willamette Dental of Washington, Inc., and plans in Idaho underwritten by Willamette Dental of Idaho, Inc.
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THE EVIDENCE

The ideal frequency of professional dental cleanings has been the subject of debate for decades, with a similar conclusion – *dental cleaning frequency should be based on each patient's personal oral health care situation rather than a tradition based on marketing or perceived value.*

"In adults, there was little to no difference between six-monthly and risk-based check-ups in tooth decay (number of tooth surfaces affected), gum disease and quality of life after four years; and probably little to no difference in how many people had moderate-to-extensive tooth decay."

Fee PA, Riley P, Worthington HV, Clarkson JE, Boyers D, Beirne PV. Recall intervals for oral health in primary care patients. Cochrane Database of Systematic Reviews 2020, Issue 10. Art. No.: CD004346. DOI: 10.1002/14651858.CD004346.pub5. Accessed 02 December 2020.

"Participants receiving six-monthly and 12-monthly scale and polish treatments reported feeling that their teeth were cleaner than those who were scheduled to receive no treatment. However, there did not seem to be a difference between groups in terms of quality of life."

Lamont T, Worthington HV, Clarkson JE, Beirne PV. Routine scale and polish for periodontal health in adults. Cochrane Database of Systematic Reviews 2018, Issue 12. Art. No.: CD004625. DOI: 10.1002/14651858.CD004625.pub5

FUN FACT!

The tradition of the six-month cleaning schedule all started with a TV commercial in the 1950s for Ipana Toothpaste!