

Exclusively for Dental Health Services Enrollees

TOOTH TIPS!

Dental Hygiene Appointments: Prophylaxis vs. Periodontal Maintenance

Understanding the type of dental cleaning you need is key to maintaining oral health. There are two main types of hygiene appointments: prophylaxis and periodontal maintenance—each serving different needs.

Prophylaxis Maintenance (Routine Cleaning)

Prophylaxis is a **preventive cleaning** done (ideally) every **six months** for patients with healthy gums and no signs of gum disease. It includes:

- Removing plaque and tartar above the gum line
- Polishing and flossing
- Helping prevent cavities and gum disease

This should be a routine part of your dental care to keep your mouth healthy.

Periodontal Maintenance

This cleaning is for patients with a **history of gum disease**. It goes deeper than a regular cleaning and is usually done every **3–4 months**. It may include:

- Scaling and root planing (deep cleaning below the gum line)
- Monitoring gums for inflammation
- Antibacterial treatments if needed

The goal is to manage gum disease and prevent further damage—not to cure it.

Why You Should Care

Prophylaxis keeps healthy gums in good shape. Periodontal maintenance is essential for those managing gum disease. Your dentist will recommend the right option based on your gum health.

Regular visits, whichever type you need, are essential for long-term oral wellness.

