



Professional dental cleaning (PDC)

Professional dental cleaning is an effective protection for your teeth and gums.

In addition to thorough dental care at home and check-ups at the dentist, professional dental cleaning (PDC) is the third important component of prophylaxis.

The special medical benefit of PDC: it is extremely effective against the most common cause of tooth loss – periodontitis.

Daily dental care at home is rarely enough to really remove all bacterial plaque from the teeth and especially from the interdental spaces. A toothbrush only reaches a maximum of 60 percent of tooth surfaces.

Professional dental cleaning supplements your dental care at home. It starts where the toothbrush does not clean and therefore effectively prevents periodontitis.

Scientific studies show that PDC in the dental practice is the ideal complement to keep teeth and gums healthy when performed regularly, depending upon the individual risk of disease.

Professional dental cleaning includes:

- Creation of a periodontal portrait
- Removal of plaque from the tooth surface and along the gum line
- Cleaning of interdental spaces
- Removal of bacterial plaque in the area below the gum line
- Removal of discolouration e.g. from tea, coffee, cigarettes or red wine
- Smooth-surface polish
- Fluoridation
- Oral hygiene instructions for optimising the patient's own oral hygiene, as well as information on current and new oral hygiene products.

The PDC is performed by a specially qualified specialist, the dental hygienist, and is not a benefit covered by health insurance.

The patient has to cover the cost.

Cost:

We will be happy to prepare an individual cost plan for you. Professional dental cleaning is not a benefit covered by health insurance and is billed according to the time required. The duration of occupancy of the treatment room is the deciding factor for the calculation.

Your benefits:

A gleaming white smile is not only important for your self-confidence. Healthy teeth and gums always have an influence on your entire body. For example, periodontitis is a risk factor for cardiovascular disease and an entry point for bacteria.

Therefore, it is absolutely necessary not only to ensure good oral hygiene at home, but also to have a professional dental cleaning done regularly in order to preserve your teeth for a lifetime and to promote good health.

We will be happy to answer any questions.

With friendly regards from your practice team