

# RTC D / RFDC Perio Therapy Protocols

## (based on Virginia Guidelines and ADA Guidelines)

1)

### **Prophylaxis Cleaning**

(meaning of prophylaxis is preventative, thus this means Preventative cleaning)

Typically 100% covered with PPO insurance plans under preventative dentistry category.

Only for patients (and sites) that do not have periodontal disease.

\* Some patients will need prophylaxis for the anterior teeth but localized SRP for the molars.

2)

**Periodontal disease is defined as** (4mm pocket depths, with or without bleeding)

Mild periodontal disease (4mm - 5mm Pocket Depths) - non-surgical SRP

Moderate periodontal disease (5mm - 6mm Pocket Depths) - non-surgical & surgical SRP

Severe periodontal disease (6mm or greater Pocket Depths) - surgical SRP

3)

### **Perio Therapies**

#### **(a.) Full mouth debridement**

(initial cleaning for above the gum line only, we DO NOT clean under the gums)

\*This FMD procedure is intended to get the patient ready for deep cleaning.

\*Deep cleaning (SRP) is the only way to properly clean below the gum line.

\*If the patient has generalized periodontal disease but the patient does not currently want to pay for the fees associated with deep cleaning (aka SRP) then the patient can simply request FMD (full mouth debridement) or perio maintenance every time they come until they are ready to pay for SRP. However, we will continue to remind the patient about the benefits of SRP and the patient will decide when they are ready for SRP on their own time-line.

**(b.) Non-Surgical SRP** (Mild to moderate periodontal disease)

*\*localized (1-3 teeth per quad) / generalized (4 or more teeth per quad)*

**(c.) Surgical SRP** (Severe periodontal disease)

*\*localized (1-3 teeth per quad) / generalized (4 or more teeth per quad)*

**(d.) Local antibiotics**

(minocycline paste placed below the gums in deepest pockets to help healing after SRP)

5)

**Can a patient go from perio status to prophy status somehow? Yes.**

\*Once a patient has periodontal disease (pocket depths of 5mm or greater) then that patient (or that localized site on that tooth) MUST be treated with periodontal therapies, unless and until that site resolves to 4mm pocket with zero bleeding on probing.

\* We have many patients that receive laser perio therapy and then resultant pocket reduction allows those patients to return to normal prophylaxis protocol during subsequent recalls. Everything is possible and we will evaluate the pocket depths and bleeding during every appointment. If the patient has deep pockets or bleeding on probing then they need perio therapies. If they have history of bone loss but currently their disease is arrested and there is zero bleeding on probing, then they may not need SRP

6)

**Insurance Rules and Considerations for maximizing the patient's benefits:**

\* Perio therapies are NOT 100% covered by insurance thus the patient has a co-pay for these procedures

\*However, once the patient has 5mm pockets (or other signs of periodontal disease) then the patient will receive a treatment plan for SRP in addition to perio maintenance. We are not able to do prophylaxis for a patient that has active generalized periodontal disease. However, if the patient has history of arrested periodontal disease then they may be returned to a prophylaxis protocol. Also, if the patient has localized periodontal disease around the molars but healthy gums around the anteriors then that patient will receive prophylaxis cleaning & localized SRP on their treatment plan.

\*We recommend these patients to pay cash for prophylaxis cleanings if they desire insurance coverage for future SRP. Insurance company will deny SRP benefits if they have already paid for prophylaxis cleaning.