

# Our Offer in Terms of Oral Hygiene for You

## Your dental health is important to us

OÖGKK focuses on contemporary dental care for their patients. This also includes professional teeth cleaning, which is provided inexpensively by OÖGKK to their patients.

## Proper dental and oral care

Bacterial plaque is the cause for inflammation of gums and periodontal ligament. It is caused by insufficient dental care and should be removed on a regular basis. One millilitre of this plaque contains 300 million bacteria which cause the formation of acid. Acid is the main cause for the development of tooth decay.

### Possible consequences:

Tartar is a form of hardened plaque. It is primarily responsible for gingivitis. **Gingivitis** is an inflammation of the gums, which is reversible with good oral hygiene practices and can be completely cured.

**Parodontitis** is an irreversible damage of the periodontal ligament and if left untreated, it leads to jawbone degradation and ultimately to tooth loss.

### This is how you can prevent tooth decay:

- Teeth shall be brushed twice a day by using a soft to medium-hard toothbrush
- Massaging the gums while brushing teeth
- Cleaning between teeth
- Tongue cleaning
- Regular professional oral hygiene (prophylaxis)
- Visit a dentist twice a year

## Our Offer in Terms of Oral Hygiene

Details on proper dental and oral hygiene are provided during prophylaxis sessions and lectures. If the imparted contents are ... accordingly at home if applied, tooth decay, gum diseases, parodontitis and the associated health consequences, for instance, can be prevented or reduced.

In order to be able to treat you in the best possible way, a dental examination is a prerequisite prior to the initial oral hygiene session in one of our dental health centres.

### A session on oral hygiene includes:

- Diagnosis / Instruction on Fluoridasyon Oral hygiene at home
- Thorough removal of tartar
- Removal of surface stains and plaques
- Cleaning between teeth
- polish
- fluoridation

## Toothbrush training sessions for children and young people

In the KIDZ, OÖGKK offers special complimentary toothbrush training sessions with a medical program for children and young people (up to 18 years of age).

- Group training / Duration: approx. 60 minutes
- Individual training for children: Preschool age / Duration: approx. 20 minutes  
over 6 years of age / Duration: approx. 30 minutes

If the treating physician considers it as appropriate, young people over 12 years of age can also participate in the dental prophylaxis program for a fee.

## Prices for dental

- **Initial session on individual prophylaxis for adults**  
Duration: approx. 45 minutes / Fee: EUR 60.20  
This price also includes a lecture on prophylaxis (Duration: approx. 60 minutes). In this context, you will learn everything you need to know about dental care as well as general information on the issue "Good Health Starts in the Mouth"
- **Recall session on individual prophylaxis for adults**  
Duration: approx. 45 minutes / Fee: EUR 60.20  
Duration: approx. 25 minutes / Fee: EUR 38.90  
The duration of the recall sessions depends on the individual medical necessity.
- **Individual prophylaxis for young people**  
over 12 years of age after being allocated by the dentist.  
Duration: approx. 30 minutes / Fee: EUR 38.90
- **Professional Denture Cleaning:** EUR 19.45 Euro for each denture

## The path to improved

Simply arrange an examination or consultation appointment by phone or in person with the dentist at the nearest dental health centre. Your dentist will be pleased to advise you about OÖGKK's choice of products in terms of oral hygiene.

### Contact:

Phone: 05 78 07 - 10 33 00, Email: [prophylaxe@oegkk.at](mailto:prophylaxe@oegkk.at)

### OÖGKK's Dental Health Centres – 15 x in Upper Austria

OÖ Gebietskrankenkasse, Zahngesundheitszentrum Linz  
Derfflingerstraße 2a, 4020 Linz, [www.oegkk.at](http://www.oegkk.at), [www.forumgesundheit.at](http://www.forumgesundheit.at)