

# Routine dental care: a simplified guide

CLINIQUE COMMUNAUTAIRE  
DE POINTE ST-CHARLES

500



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Pointe-Saint-Charles  
Community Clinic

## TABLE OF CONTENTS

Context.....	p. 2
Types of insurance coverage.....	p. 3
• The Régie de l'assurance maladie du Québec (RAMQ) coverage	
• Other type of coverage.....	p. 4
Simplified Table of Routine Dental Costs.....	p. 5
Glossary (simplified definitions).....	p. 7
Diagram of the teeth, their names, and their age of eruption.....	p. 11

## CONTEXT

Every year, the *Association des chirurgiens dentistes du Québec* (ACDQ) assists its members in setting their rates by providing them with a reference book containing suggestions for amounts to be billed. This booklet is not accessible to the general public and dentists do not have to follow suggested prices. Prices are updated every year.

In response to this state of affairs, the Pointe-Saint-Charles Community Clinic decided to create a tool for Quebecers. This guide is intended as a simplified and abbreviated version of the ACDQ reference book<sup>1</sup>. The simplified guide is an initiative to help people:

- Better take charge of their oral health and oral health-related choices
- Better understand Quebec dental care



<sup>1</sup> « Guide abrégé des tarifs et nomenclature des actes buccodentaires 2018 », published by the Association des chirurgiens dentistes du Québec (ACDQ).

- Popularize the language of dentistry
- Give an overview of the prices the ACDQ suggests to its members.

Since dentists do not have to use the prices suggested by the ACDQ, your dentist may charge different fees (higher or lower) than those found in this guide. Prices are for illustrative purposes only.

## TYPES OF INSURANCE COVERAGE

### The Régie de l'assurance-maladie du Québec (RAMQ) coverage

**Are you a social assistance recipient aged 65 and under?  
Do you have children aged 9 and under?**

Your family may be entitled to free or subsidized dental care. **Before visiting your dentist, find out about the services covered by consulting the website: <http://www.ramq.gouv.qc.ca> or call (514) 864-3411.**

Certain services may be paid by the Régie de l'assurance-maladie du Québec (RAMQ). In order to obtain these services free of charge, you must present a valid health insurance card or certain documents from the Ministère du Travail, de l'Emploi et de la Solidarité sociale that determine the conditions of eligibility for coverage. Contact your local employment center for more information about this.





Preventive treatments (eg: **sealants**<sup>2</sup>, fluoride treatments, **cleanings**, etc.) are not generally covered. However, routine curative treatments (eg: **fillings**, **extractions**, etc.) are covered if you meet the RAMQ criteria.

There are also specialties in dentistry, such as orthodontics (moving teeth to correct aesthetics or function) or periodontics (interventions for gums and bones that support teeth). These specialties are not discussed in this document because the treatments are complex and unique to each. These types of care, often costly in time and money, are never covered by the RAMQ or other regimes the vast majority of the time.

N.B.: Warning! Some dentists are non-participants in the RAMQ and will therefore require you to pay for your treatments. To avoid unpleasant surprises, check with the secretary before your first consultation.

## Other types of coverage

### Do you have insurance that covers dental care?

Make sure you know the care covered and the intervals between appointments to fully benefit from your coverage. If necessary, your dentist can send a treatment plan to your insurer. This will allow you to know which fees you will have to pay.



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<sup>2</sup> The terms in bold are defined in the glossary.

# SIMPLIFIED TABLE OF ROUTINE DENTAL COSTS

EXAM	Suggested price
<b>Complete dental examination</b> (1st visit and/or every 5 years)	82 - 135 \$
<b>Follow-up examination</b>	42 - 80 \$
<b>Emergency examination</b>	41 \$
<b>Specific examination</b>	41 \$
X-RAYS (as needed for diagnostic purposes)	Suggested price
1-2 images, between teeth or of a tooth and its root	31 - 38 \$
1 image, entire mouth	76 \$
CLEANING	Suggested price
Children's <b>cleaning</b>	45 \$
<b>Cleaning</b> for a child with both adult and baby teeth	58 \$
Adult <b>cleaning</b>	65 \$
Fluoride treatment	30 \$
DENTAL SEALANTS	Suggested price
First tooth, per <b>mouth quadrant</b> (see diagram)	45 \$
Additional teeth in the same <b>mouth quadrant</b> , during the same visit	37 \$
FILLINGS	Suggested price
<i>Children</i>	
<ul style="list-style-type: none"> <li>• Molar</li> <li>• 1-5 <b>surfaces</b></li> </ul>	} White filling ( <b>composite resin</b> ) 90 - 298 \$
<i>Adults</i>	
<ul style="list-style-type: none"> <li>• Front or premolar tooth</li> <li>• 1-5 <b>surfaces</b></li> </ul>	} Grey filling ( <b>amalgam</b> ) 59 - 237 \$
<ul style="list-style-type: none"> <li>• Molar</li> <li>• 1-5 <b>surfaces</b></li> </ul>	} Grey filling ( <b>amalgam</b> ) 79 - 280 \$
<ul style="list-style-type: none"> <li>• Front tooth</li> <li>• 1-5 <b>surfaces</b></li> </ul>	} White filling ( <b>composite resin</b> ) 112 - 373 \$
<ul style="list-style-type: none"> <li>• Premolar</li> <li>• 1-5 <b>surfaces</b></li> </ul>	} White filling ( <b>composite resin</b> ) 124 - 309 \$
<ul style="list-style-type: none"> <li>• Molar</li> <li>• 1-5 <b>surfaces</b></li> </ul>	} White filling ( <b>composite resin</b> ) 141 - 357 \$
<i>Veneers</i>	
Made in a laboratory	860 \$ + laboratory fees
Made at the dentist's office	381 \$
FIXED PROSTHESIS	Suggested price
<i>Crown</i>	
Porcelain/ceramic or porcelain/metal	860 \$ + laboratory fees
<i>Bridge</i>	
False tooth, porcelain on metal	522 \$ + laboratory fees
Wings for a butterfly <b>bridge</b> , per tooth	219 \$ + laboratory fees
Pillar tooth for a <b>bridge</b> , porcelain on metal	910 \$ + laboratory fees
<i>Other</i>	
Recementing of a <b>crown</b> or a <b>veneer</b>	94 \$ + laboratory fees

## SIMPLIFIED TABLE OF ROUTINE DENTAL COSTS (the following)

<b>ROOT CANAL</b>	<b>Suggested price</b>
Front or premolar tooth	561 to 1131 \$ + fees for crown/filling
Molar	632 to 1202 \$ + fees for crown/filling
<i>Other</i>	
Surcharge for a <b>root canal</b> performed on a tooth with a <b>crown</b>	78 \$
<b>FULL REMOVABLE PROSTHESIS (DENTURES)</b>	<b>Suggested price</b>
Upper	806 \$ + laboratory fees
Lower	1039 \$ + laboratory fees
Upper and Lower	1513 \$ + laboratory fees
<b>PARTIAL REMOVABLE PROSTHESIS (DENTURES)</b>	<b>Suggested price</b>
<i>Acrylic</i>	
Upper or lower	420 \$ + laboratory fees
<i>Cobalt-chrome alloy (according to selected options)</i>	
Upper or lower	972 to 1039 \$ + laboratory fees
Upper and lower	1594 to 1703\$ + laboratory fees
<i>Minor prosthetic adjustments</i>	
Upper or lower	56 \$
<i>Prosthetic repair (according to whether or not an impression is needed)</i>	
Complete or partial denture, upper or lower	64 to 137 \$ + laboratory fees
<i>Adjustment of false teeth supplementary to a partial prosthesis</i>	
Upper or lower	137 \$ + laboratory fees
<b>SURGERY</b>	<b>Suggested price</b>
<i>Extraction of a visible tooth</i>	
First tooth, per <b>mouth quadrant</b>	120 \$
Additional teeth in the same <b>mouth quadrant</b> , during the same visit	83 \$
<i>Extraction of a non-visible tooth</i>	
Under the gumline only	193 to 369 \$
<b>Extraction</b> of roots, without complications	120 \$
<b>WHITENING</b>	<b>Suggested price</b>
Custom-made kit for home usage, upper and lower teeth	547 \$ + laboratory fees + cost of materials

## GLOSSARY

The following definitions have been developed to assist in understanding routine dental care. They therefore differ from scientific definitions.

**Amalgam:** see Filling

**Bridge:**

Used to hide one or more missing teeth. A false tooth that fills an empty space by attaching to neighbouring teeth. Often covered by a crown. Several types of bridges exist.

**Cleaning:**

Removal of all debris found on teeth. Often includes teeth scaling.

**Complete dental examination:**

First appointment at a clinic, where the patient's file is opened. Some clinics perform complete examinations after a number of years has passed.

**Composite resin:** see Filling

**Crown:**

Can be defined as a "hat" that completely covers a tooth in order to protect it. It is a hollow artificial tooth that restores the real tooth and protects it from further damage. A crown can also be used to cover discoloured or deformed teeth. It can be used to restore the form, appearance and function of damaged teeth. A crown is often necessary after a root canal or if the tooth is broken or has a large filling. The appearance and function of a tooth with a crown is very similar to that of a real tooth. Different materials may be offered (procelain, metal, ceramic).



## GLOSSARY

### **Emergency examination:**

Examination where only the main complaint (for example, tooth pain) is examined. It is not an examination of the whole mouth. If necessary, x-rays and other tests can be done so that the dentist can diagnose the problem.

### **Examination:**

Appointment during which the dentist and/or dental hygienist checks the health of different components of the mouth (teeth, gums, etc.) using different techniques (instruments, x-rays, photos, etc.). The results of the examination could lead to different recommendations for improving oral health (treatments, references to other professionals, habits, products).

### **Extraction :**

Removal of a tooth for various reasons (for example, inability to heal, accident or lack of room).

### **Filling:**

The reparation of a cavity in the tooth on one or several surfaces. Materials used may vary. Amalgam is a gray or metallic filling. Composite resin is a white filling that matches the tooth. The prices of a filling varies according to which tooth is affected and the number of surfaces that require repair.

### **Follow-up examination:**

All routine visits following the first appointment at the clinic. One can generally expect a dentist's examination, a cleaning, x-rays and tailored hygiene recommendations from the dental hygienist.



### **Full removable prosthesis:**

Removable denture that is worn on the upper or lower gums (or both), that replaces all teeth.



## GLOSSARY



### **Implant:**

Artificial replacement for the root of a tooth. Made of a titanium stem that is installed in the bone. The implant acts as a root to accommodate a crown, which replaces the tooth.

### **Night guard/occlusal splint/bite splint/ :**

Appliance that is worn in the mouth over night, that keeps the upper and lower teeth from touching. A night guard prevents abnormal wear on the teeth caused by clenching or grinding. A night guard can also relieve jaw, head, neck and shoulder pain.



### **Partial removable prosthesis:**

Removable denture that is worn on the upper or lower gums (or both) that replaces teeth that are missing.

### **Periodontal disease:**

Disease of the gums and the bone supporting the teeth. Requires treatments under local anesthesia to clean hard-to-reach areas to help eliminate the bacteria and tartar that cause illness in the gums and bone.

### **Restoration:**

Complete repair of a tooth.

## GLOSSARY

### **Root canal treatment:**

Must be done when a tooth has an infection. Without pain, the living part of the tooth is removed and replaced by a material provided for this purpose. A tooth that has had a root canal becomes a devitalized (dead) tooth. It is therefore more fragile. The price of the treatment varies according to the amount of roots that the tooth has.

### **Sealants:**

Thin layer of material applied over the teeth. Sealants act as a barrier against the accumulation of food and bacteria, as well as the formation of cavities. No anesthesia is needed for the application of a sealant. Sealants are often recommended after the eruption of the first adult molar, around the age of 6.

### **Specific examination:**

Type of examination done if something important requiring investigation is noted in the file (for example, the presence of a gum disease in the mouth must be evaluated to track its evolution).

### **Surface:**

One side of a tooth. Each tooth has 5 sides. The number of surfaces that need repair will affect the cost of a filling.

### **Teeth scaling:**

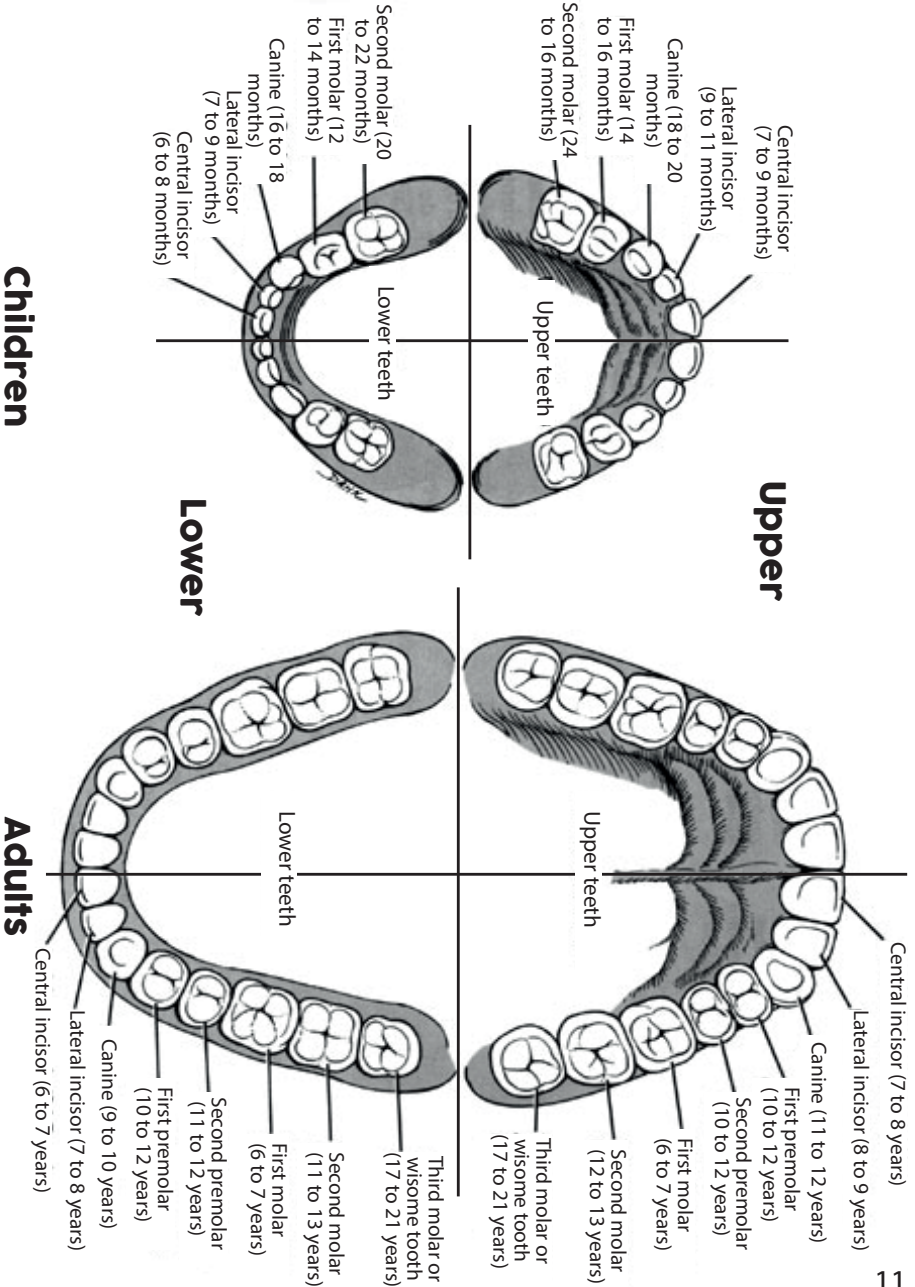
Routine treatment to remove tartar deposits from plaque build-up on teeth. Often done during an examination. When the quantity or hardness of deposits is significant, treatment must take place over several appointments. Calculated in units of time (1 unit = 15 minutes = \$58).

### **Veneer:**

Used for aesthetic purposes. A bit like a fake nail, but for a tooth; it is glued over the tooth, after the tooth has been lightly filed. Veneers can be made of composite resin or ceramic.

# DIAGRAM OF THE TEETH, THEIR NAMES, AND THEIR AGE OF ERUPTION

The mouth is divided in quarter of mouth, which makes 4 quadrants.





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