

Routine dental care: a simplified guide

CLINIQUE COMMUNAUTAIRE
DE POINTE ST-CHARLES

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Pointe-Saint-Charles
Community Clinic

A neighbourhood's health and solidarity!

2023 Edition

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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 book¹. 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



¹ « Guide abrégé des tarifs et nomenclature des actes buccodentaires 2022 », 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**², 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.



²The terms in bold are defined in the glossary.

SIMPLIFIED TABLE OF ROUTINE DENTAL COSTS

EXAM		Suggested price
Complete dental examination (1st visit and/or every 5 years)		102 - 170 \$
Follow-up examination		54 - 101 \$
Emergency examination		52 \$
Specific examination		52 \$
X-RAYS (as needed for diagnostic purposes)		Suggested price
1-2 images, between teeth or of a tooth and its root		38 - 47 \$
1 image, entire mouth		95 \$
CLEANING		Suggested price
Children's cleaning		51 \$
Cleaning for a child with both adult and baby teeth		66 \$
Adult cleaning		75 \$
Fluoride treatment		35 \$
DENTAL SEALANTS		Suggested price
First tooth, per mouth quadrant (see diagram)		51 \$
Additional teeth in the same mouth quadrant, during the same visit		43 \$
FILLINGS		Suggested price
<i>Children</i>		
<ul style="list-style-type: none"> • Molar • 1-5 surfaces 	}	Composite resin (white filling) 114 - 378 \$
<i>Adults</i>		
<ul style="list-style-type: none"> • Front or premolar tooth • 1-5 surfaces 	}	Amalgam (grey filling) 75 - 301 \$
<ul style="list-style-type: none"> • Molar • 1-5 surfaces 	}	Amalgam (grey filling) 101 - 355 \$
<ul style="list-style-type: none"> • Front tooth • 1-5 surfaces 	}	Composite resin (white filling) 144 - 482 \$
<ul style="list-style-type: none"> • Premolar • 1-5 surfaces 	}	Composite resin (white filling) 157 - 391 \$
<ul style="list-style-type: none"> • Molar • 1-5 surfaces 	}	Composite resin (white filling) 177 - 451 \$
<i>Veneers</i>		
Made in a laboratory		1087 \$ + laboratory fees
Made at the dentist's office		481 \$
FIXED PROSTHESIS		Suggested price
<i>Crown</i>		
Porcelain/ceramic or porcelain/metal		1087 \$ + laboratory fees
<i>Bridge</i>		
False tooth, porcelain on metal		662 \$ + laboratory fees
Wings for a butterfly bridge, per tooth		277 \$ + laboratory fees
Pillar tooth for a bridge, porcelain on metal		1152 \$ + laboratory fees
<i>Other</i>		
Recementing of a crown or a veneer		118 \$ + laboratory fees

SIMPLIFIED TABLE OF ROUTINE DENTAL COSTS (continued)

ROOT CANAL	Suggested price
Front or premolar tooth	712 to 1432 \$ + fees for crown/filling
Molar	1332 to 1520 \$ + fees for crown/filling
<i>Other</i>	
Surcharge for a root canal performed on a tooth with a crown	98 \$
FULL REMOVABLE PROSTHESIS (DENTURES)	Suggested price
Upper	1020 \$ + laboratory fees
Lower	1315 \$ + laboratory fees
Upper and Lower	1915 \$ + laboratory fees
PARTIAL REMOVABLE PROSTHESIS (DENTURES)	Suggested price
<i>Acrylic</i>	
Upper or lower	531 \$ + laboratory fees
<i>Cobalt-chrome alloy (according to selected options)</i>	
Upper or lower	1230 to 1315 \$ + laboratory fees
Upper and lower	2017 to 2156 \$ + laboratory fees
<i>Minor prosthetic adjustments</i>	
Upper or lower	71 \$
<i>Prosthetic repair (according to whether or not an impression is needed)</i>	
Complete or partial denture, upper or lower	81 to 173 \$ + laboratory fees
<i>Adjustment of false teeth supplementary to a partial prosthesis</i>	
Upper or lower	173 \$ + laboratory fees
SURGERY	Suggested price
<i>Extraction of a visible tooth</i>	
First tooth, per mouth quadrant	152 \$
Additional teeth in the same mouth quadrant , during the same visit	104 \$
<i>Extraction of a non-visible tooth</i>	
Under the gumline only	272 to 465 \$
Extraction of roots, without complications	152 \$
WHITENING	Suggested price
Custom-made kit for home usage, upper and lower teeth	595 \$ + 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.

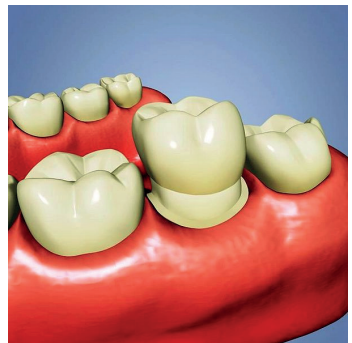
Complete dental examination:

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).



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.



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.

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:

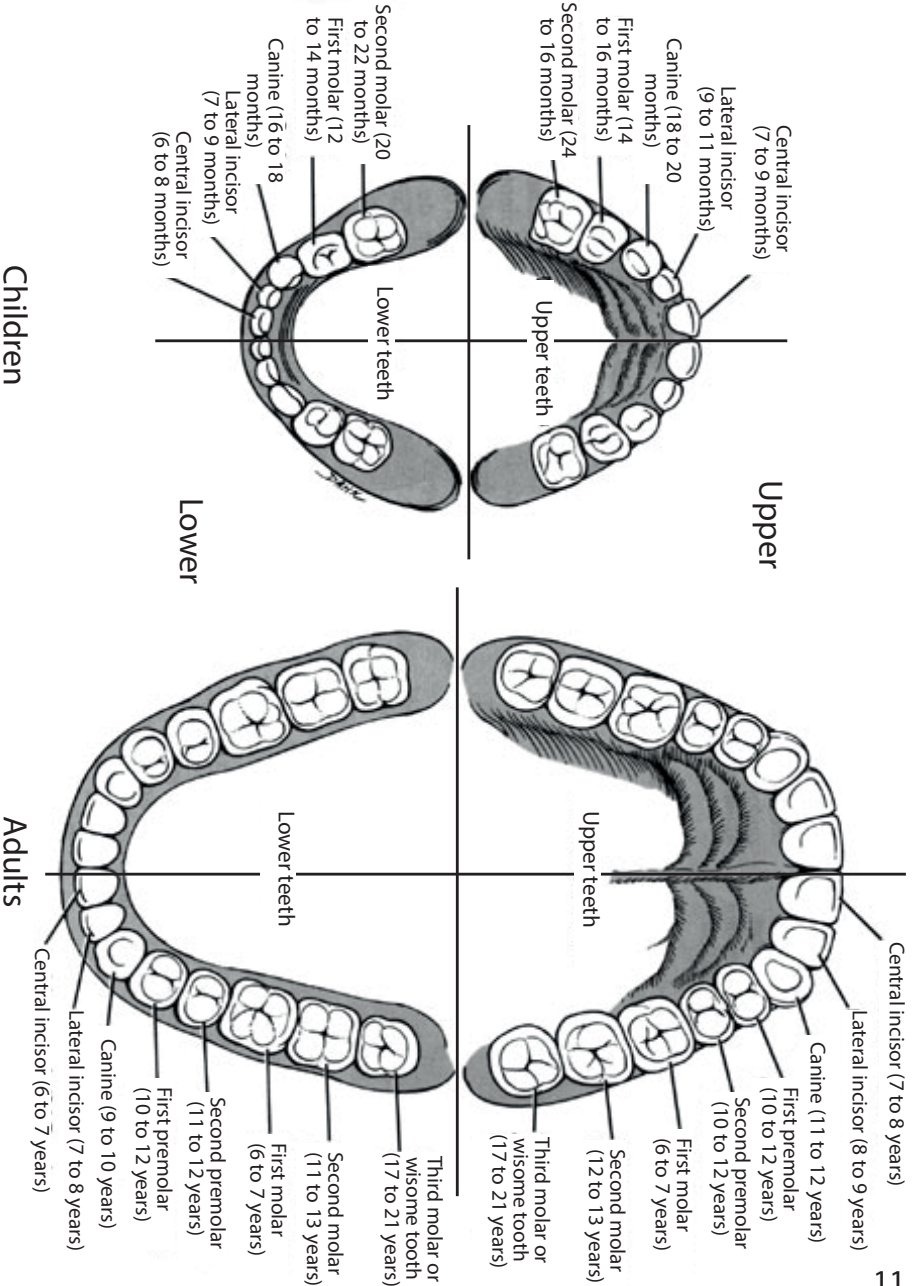
Routine treatment to remove tartar deposits from plaque build-up on teeth. Often done during an examination. When the quantity or hardness of deposits is significant, treatment must take place over several appointments. Calculated in units of time (1 unit = 15 minutes = \$58).

Veneer:

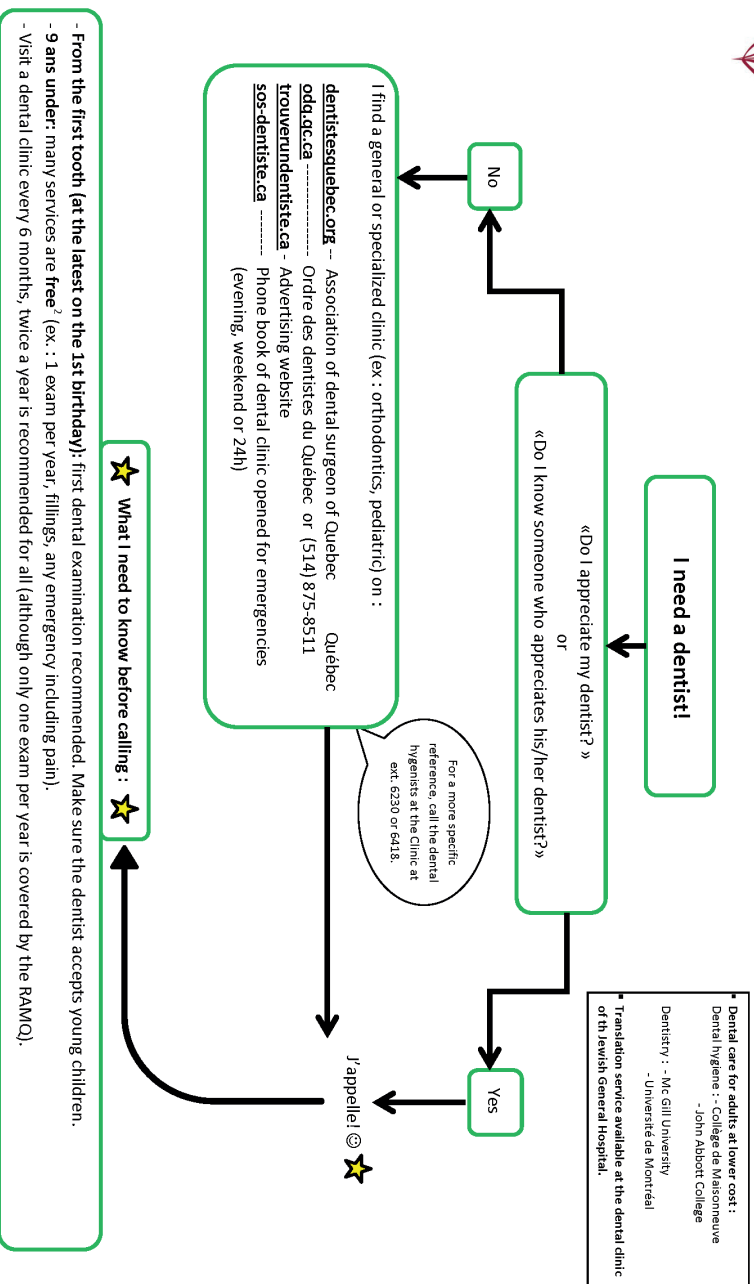
Used for aesthetic purposes. A bit like a fake nail, but for a tooth; it is glued over the tooth, after the tooth has been lightly filed. Veneers can be made of composite resin or ceramic.

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

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



How to find a dentist near us?



² See details at ramq.gouv.qc.ca/en or (514) 864-3411



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