Traditionally, becoming a dentist in Spain was a lengthy process. Students used to be required to first obtain a qualification in medicine before they could even undergo dental training. Since 1986, however, these restrictions have been eased, and dentists are now able to practice with a European Union-recognised degree in dentistry. As a result, the country is now home to around 35,000 dentists and over 14,000 dental hygienists, almost all of whom operate as private practitioners owing to Spain’s low level of public-funded oral healthcare.

Located in the Salamanca district of Madrid, Spain’s capital, Clínica Vilaboa was founded more than 30 years ago by Drs Beatriz and Débora Vilaboa. With polished hardwood floors and a stylishly minimalist interior, the practice’s aesthetic emphasis is immediately evident. A pioneer in aesthetic dentistry when first established, the multilingual clinic has since expanded its focus to include endodontics, oral surgery and all kinds of restorative dentistry. World Dental Daily spoke with the practice owners, as well as practice dentists Drs Débora and José Manuel Reuss, about the clinic’s approach to prevention and the general state of the Spanish dental industry.

What is the state of dental health in Spain? How good is your patients’ oral hygiene? Have you seen an increase in caries or periodontal disease among your patients?

Beatriz Vilaboa: In our office, we are seeing much better oral health—a decrease in caries and periodontal disease, which is very good news. This has not just come out of the blue, though. It is a result of continued education, year after year, by dentists and hygienists alike.

Débora Vilaboa: Our goal is to have a positive impact on a patient’s life and health. When the patient realises the power that lies in his or her own hands, he or she is often very willing to use it. It is simply that we have often underestimated the effectiveness of educating our patients, of empowering them. Doing so pays off in the long term.

What oral healthcare products do you usually recommend for home care?

José Manuel Reuss: Nowadays, we have tools that are much more suitable for specific requirements—instruments that patients find easy to handle and use, which is essential for motivating them. We have specific interdental brushes for implant restorations and different-sized interdental brushes to maintain gingival health even in areas difficult to access.

We also now know that a good toothbrush with soft bristles is the best tool for achieving long-term success for implants. A toothbrush that does not harm the teeth or the soft tissue and that is easy to use is the best tool for lifelong oral health.

What do you think about CURAPROX products?

José Manuel Reuss: Products that are easy to use help us progress in our treatments quicker and provide patients with the tools to easily establish a positive home care dental regimen. CURAPROX’s products are often gentler than other products, and this meant that it went against the general trend of the market for the past few years. How-
CURAPROX es atractiva, safe and effective. These are the three most important things that we look for in preventative instruments, and they are delivered with CURAPROX.

¿Qué opinas de los productos CURAPROX? José Manuel Reuss: Lo que es fácil de usar nos permite avanzar más rápido en nuestros tratamientos y proporciona a los pacientes las herramientas para fijar fácilmente una pauta de cuidado dental en casa. Los productos de CURAPROX suelen ser más suaves que otros, lo que significa que han ido en contra de la tenencia general del mercado de los últimos años. Sin embargo, esto suaviza y es extremadamente beneficioso, ya que ayuda a prevenir daños en los tejidos y en las dientes.

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