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 clinic’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.

World Dental Daily: How do you educate your patients and talk to them about oral hygiene?

Débora Vilaboa: I spend more time today talking about hygiene and attitude with my patients than explaining what procedure I will be performing. That is something that the patients value and are very receptive to, and it provides many benefits to them. It also helps to establish a long-term relationship that is built on trust and understanding, one that is more health-oriented than tooth-focused. Simply providing treatment. We have to spend extra time educating them, motivating them on how they can maintain and preserve their oral health, which is ultimately their responsibility.

Beatriz Vilaboa: Education is something that we like to do with time and care. We take the time to explain to our patients what the best toothbrush and interdental brush are for them to use. We provide them with the best possible tools for them to achieve oral health.

José Manuel Reuss: We understand now that we have to work with patients as a team. We can no longer simply provide treatment. We have to spend extra time educating them, motivating them on how they can maintain and preserve their oral health, which is ultimately their responsibility.

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—very low rates of 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.

Débora Reuss: When a patient leaves our office, he or she has three tools: a toothbrush, good interdental brushes and, of course, dental floss. These help the patient to maintain good oral health and thereby avoid the development of conditions like gingivitis and periodontitis.

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-
T
t
ever, this softness is extremely benefi-
cial, as it helps to prevent damage to tis-
sue and teeth.

Débora Vilaboa: CURAPROX's range of products areatraumatic, safe
to use and effective. These are the three
most important things that we look for
in preventative instruments, and they
are delivered with CURAPROX.

Beatriz Vilaboa:

World Dental Daily: ¿Cómo educas a tus pacientes? O, en términos más gene-
rales, ¿cómo tratas el tema de la higiene
cultural en la odontología estética en la
daclía Madrid, la capital de España, la Cli-
nica Vilaboa fue fundada hace más de
30 años por las Dras. Beatriz y Débora
Vilaboa. Con suelos de madera pulida y
un interior elegantemente minimalista,
el enfasis estético de la Clínica Vilaboa
es evidente de inmediato. Como pio-
nera en la odontología estética en la
epoca de su fundación, la clinica multi-
lingüe ha ampliado su enfoque para in-
cluir la endodoncia, la cirugía oral y
todo tipo de odontología restauradora.
World Dental Daily habló con las Dras.
Beatriz y Débora Vilaboa, así como con
los Dres. Débora y José Manuel Reuss,
sobre el enfoque de la clinica en la pre-
vención.

World Dental Daily: ¿Cuál es el estado o situación de la hi-
giene dental en España? ¿Están bien
tratadas las caries y enfermedades perio-

dales, ¿cómo tratas el tema de la higiene
cultural con tus pacientes?

José Manuel Reuss: Ahora sabemos que tenemos más pacientes que quieren
era con el paciente. No podemos simplemente
dañas un tratamiento. Debemos pasar
todo el tiempo educándolos, motivándolos
para mantener y preservar su salud oral,
que en última instancia es su responsabi-
lidad.

¿Cuál es el estado o situación de la hi-
giene dental en España? ¿Están bien
tratadas las caries y enfermedades perio-
dales, ¿cómo tratas el tema de la higiene
cultural con tus pacientes?

José Manuel Reuss: Hoy en día, dis-
ponemos de herramientas mucho más
adecuadas para necesidades específicas: artilugios fáciles de manejar y utilizar para
los pacientes, algo esencial para motivar-
los. Tenemos cepillos interdentales espe-
cíficos para rehabilitaciones con implan-
tes, cepillos interdentales de diferentes
ángulos para mantener la salud de las
encías incluso en zonas remotas y de di-
fícil acceso, un resultado muy persistente.

¿Qué productos de salud bucal suelen
tender para el cuidado en casa?

José Manuel Reuss: Hoy en día, dis-
ponemos de herramientas mucho más
adecuadas para necesidades específicas: artilugios fáciles de manejar y utilizar para
los pacientes, algo esencial para motivar-
los. Tenemos cepillos interdentales espe-
cíficos para rehabilitaciones con implan-
tes, cepillos interdentales de diferentes
ángulos para mantener la salud de las
encías incluso en zonas remotas y de di-
fícil acceso, un resultado muy persistente.

¿Qué opinas de los productos
CURAPROX? 

José Manuel Reuss: Lo que es fácil de
usar nos permite avanzar más rápido en
nuestros tratamientos y proporcionar a
los pacientes las herramientas para fijar
económicamente una pauta de cuidado dental
con los mejores productos. Curaprox
suele ser más suave que otros, lo que
señifica que han sido en contra de la ten-
dencia a generalizar el mercado de los últi-
mos años. Sin embargo, esta suavidad es
extremadamente beneficioso, ya que
ayuda a prevenir daños en los tejidos y
en las dientes.

Beatriz Vilaboa: La gama de pro-
ductos de CURAPROX es atractiva, de
uso seguro y efectiva. Estos son las tres ca-
racterísticas más importantes que buscamos
en los instrumentos de prevención y
CURAPROX les ofrece.