

DENTAL HYGIENE FACTS & MYTHS: REASONS WHY YOU ACTUALLY NEED DENTAL INSURANCE





There are many myths surrounding the topic dental hygiene today.

With this guide we tell you the **truth** about some of them, and the importance of taking out **dental insurance** if you're living in Spain.

Myths & Facts

Myth	Fact
The more times you brush your teeth a day the cleaner they will be.	Dentists recommend brushing your teeth twice a day. Brushing them too much causes abrasion to the enamel.
If you don't feel pain then your teeth are completely healthy.	Pain should not be the only reason for visiting the dentist, and regular check-ups are important to ensure everything is healthy. Not every dental problem causes pain.
Wisdom teeth should always be removed.	Removal of wisdom teeth is only necessary if there is a problem with their growth, but this is not always the case.
You don't need to go to the dentist whilst pregnant.	It is very important to go to the dentist during pregnancy. Dental treatment can still be given, even in late pregnancy! But you won't have any x-rays.
Dental treatment is always painful.	Dentists use technology to ensure treatments are as pain-free and comfortable as possible.

Why should you get dental insurance in Spain?



Since most dentists in Spain are private, many people opt for private dental insurance to **avoid unexpected costs**.

It's up to you whether you want to pay for routine treatment each time, or take out private insurance whereby you pay a monthly price and are covered for most treatments.

You might want to take out a specific dental insurance plan, or you might find a health insurance that covers dental treatment too (such as [Caser's Adapta](#) + [Sonrisa Esencial](#)).

The advantages include:



- ☐ Avoiding unexpected dental treatment bills if you require major dental treatment.
- ☐ A monthly set price to pay, which covers most or all costs of treatment (depending on the plan you choose).
- ☐ Access to a whole range of treatments at no extra cost (Caser's dental insurance plans offer 40 free services).



Insurance tailored to your needs

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