

Glossary in alphabetical order

B

Basic dental coverage

When a tooth has basic coverage, the insurance covers common treatments such as fillings, root canal therapy, x-rays etc. Prosthetic treatments such as crowns, bridges and implants are not covered.

- **Bite elevation**

Bite elevation is performed on teeth that are so worn that they need to be built up to their original size. The wear and tear can either be caused by grinding your teeth or incorrect chewing due to crooked teeth. Bite elevation can be done with plastic or crowns.

Night guard

If you grind your teeth (also known as bruxism), your dentist may need to fit you with a bite splint. The occlusal splint prevents wear and tear on the teeth and relieves soreness that can occur due to pressure on the jaw and muscles. The bite splint is used at night.

Anaesthesia

There are several types of anaesthesia. Local anaesthetic is the most commonly used form and is a liquid that is injected under the mucous membrane before a dental procedure to provide pain relief. Other forms of anaesthesia include general anaesthesia and nitrous oxide.

Bitewings (BW)

X-rays of the molars taken by the dentist during an examination. Normally, BW are taken every two years to detect damage/treatment needs that cannot be seen with the naked eye. Bitewings also show if there is damage to the bone, for example in periodontal disease.

Bleaching

Teeth whitening is done either at home using a whitening tray and bleach or at the dentist. It is a cosmetic treatment done to improve the appearance of your teeth and is not covered by your dental insurance.

Bridges

A bridge is made when one or more teeth are extracted or otherwise lost. It replaces one or more missing teeth. The bridge is usually made in either gold or porcelain. The teeth that the bridge attaches to are called bridge piers.

C

Caries, also known as cavities

Caries occurs when bacteria and sugar are present in the mouth. The bacteria break down the sugar and convert it into acid, which causes tooth decay.

D

Insured proportion

If the insurance policy is taken out with a coverage percentage, e.g. 50% or 80%, any damage is covered at this percentage. Reimbursement prices are based on Danish Dental Insurance's reimbursement prices. The reimbursement prices can be found in the benefits list at the back of your insurance terms and conditions. They can also be found on our website under "practical info".

E

Erosions

Is the same as acid damage. Acid damage is caused by prolonged exposure to, for example, fizzy drinks or fruit. After consuming acidic food and drinks, it is therefore a good idea to rinse your mouth with water.

F

Fixed and free benefits

The majority of all dentists in Denmark work under the special law and offer treatments that either have a fixed price or a price that varies. The so-called fixed and free treatments. The fixed-price treatments are agreed between the Danish Dental Association and the public health insurance and the price is therefore the same for all dentists practising under the special law. These include examinations and dental cleaning, small fillings and tooth root cleaning.

The free services are priced by the dentist, which is why they vary. Free services include root canal treatment, larger fillings, occlusal splints and prosthetics such as crowns, bridges and implants.

Some dentists do not practise under the special law and can therefore set their own prices for all treatments.

The insured

The insured is the person who has an active dental insurance policy with Dansk Tandforsikring. The insured person(s) are listed in the policy/insurance certificate.

Insurance sum

This is the total/maximum amount you can be paid out in connection with dental injuries within an insurance year.

Insurance year

Comprises the periods during which the insurance is in force. The first insurance year runs from the time of subscription until the time of renewal. If the insurance is still valid, a new insurance year commences which then runs for a year and on.

Insurance period

Comprises the entire period during which the insurance has been in force, from the time of taking out the insurance until the insurance expires.

Filling

A filling is usually made of plastic, but in some cases it may need to be made of amalgam (silver filling).

H

Cavities, also known as caries

Caries occurs when bacteria and sugar are present in the mouth. The bacteria break down the sugar and convert it into acid, which causes tooth decay.

I

Implant

An implant is an artificial tooth that is made to replace a lost tooth. An artificial tooth root is surgically attached to the jaw and after a few months, an extension piece is screwed on and finally finished with a crown.

Offences

Infractions, also known as cracks, can occur in both the enamel and the dentin (tooth bone). It is normal for small cracks to appear in the enamel over the years due to wear and tear. If major cracks develop in the tooth bone, a crown may need to be placed on the tooth to protect it.

Dentin hypersensitivity (DH)

Sharp, stabbing pain that can occur when consuming cold, hot, sour or sweet foods. Hypersensitivity can be caused by a number of things, such as a hole, a leaky filling or a tooth crack. Often, however, it's only because the neck of the tooth (cervical line) is exposed as the gums have receded. If the pain is infrequent, there is no need for treatment, but if it is frequent, the neck of the tooth can be brushed with fluoride varnish to minimise the discomfort.

K

Surgery

Surgery refers to operations in the mouth, i.e. on the teeth, jaw or gums. For example, difficult tooth extractions, root canal surgery or bone remodelling.

Crowns

A crown can be made of different materials such as porcelain or gold. A crown is placed over a defective tooth that is so damaged that it cannot be repaired with a filling. This is done to protect the tooth from cracking/splitting and infection. If a tooth cracks, it may sometimes be necessary to extract the tooth and replace it with a bridge or implant.

Jaw joint

The temporomandibular joint is located in front of the ear where the skull and lower jaw meet. Problems can occur in the jaw joint in the form of pain or as clicking, crunching or cracking. If you have problems with your jaw joint, ask your dentist for advice.

M

Dry mouth

Often caused by producing too little saliva. Reduced saliva production can be caused by a number of things, including medication, but can also be a sign of a disease such as diabetes. If you suffer from dry mouth, talk to your dentist about it.

Milk teeth

Are the teeth you have during childhood. They are lost between the ages of 6-12 years when a permanent tooth erupts. Some people may not be predisposed to all permanent teeth and therefore retain some baby teeth.

O

Orthodontic treatment

Orthodontic treatment is treatment performed by an orthodontist to prevent or treat misaligned teeth that can cause damage to the dentition or jaws, joints and muscles. Orthodontic treatment is also performed for cosmetic reasons to create a more attractive smile.

P

Periodontitis

Is an inflammatory condition in the supporting tissue of the teeth. The disease starts in the gums and spreads to the bone. If left untreated, there is a risk of loosening and loss of teeth, which is why it is very important to have the condition treated by your dentist.

Plaque

Plaque is formed by bacteria and forms deposits on the teeth. Plaque is the cause of tooth decay, gingivitis and periodontal disease.

Prosthesis

A denture replaces missing teeth and can be either a partial denture, which replaces some teeth, or a full denture, which replaces all teeth.

The prosthesis must be customised, and most are made from acrylic.

Prosthetics

Covers crowns, bridges, implants, dentures, inlays, etc.

R

Regular check-ups

Is an examination performed by a licensed dentist or dental hygienist where all teeth are examined to diagnose any damage and treatment needs. The examination is usually performed once a year or at the dentist's discretion.

Cracks in your teeth

Cracks, also known as infractions, can occur in both the enamel and the dentin (tooth bone). It is normal for small cracks to appear in the enamel over the years due to wear and tear

and age. If major cracks develop in the tooth bone, a crown may need to be placed on the tooth to protect it.

Root canal treatment

A root canal treatment becomes necessary if there is inflammation of the tooth nerve. In a standard root canal treatment, the dentist drills down through the tooth to the nerve of the tooth and removes it. Subsequently, a crown is needed to strengthen the tooth, as the root is now "dead" and the tooth is weakened and at risk of splitting.

X-ray

There are several different types of X-rays. Examples of X-rays are bitewings (X-rays of molars), which are mainly taken during examinations. A panoramic X-ray (also known as a large X-ray) is an X-ray where all teeth, roots and jaw can be seen. Single X-rays are performed if only a single tooth needs to be examined or treated.

S

Excess

The deductible is the part of the compensation that you have to pay yourself in connection with a claim. Once the excess is paid, the cost of dental treatment is covered up to 100%. Only treatments that are eligible for coverage will reduce the deductible.

Claim incident

An injury is defined as a condition requiring treatment that is diagnosed by a dentist.

Acid damage

Acid damage, also known as erosion, occurs after prolonged exposure to, for example, fizzy drinks or fruit. After consuming acidic food and drinks, it is therefore a good idea to rinse your mouth with water.

T

Tooth abscess

Is an infection where a build-up of inflammation grows larger over a few days and is painful. Most often, a dental abscess occurs on teeth where there is root inflammation or periodontal disease.

Orthodontic treatment

Orthodontic treatment is treatment performed by an orthodontist to prevent or treat misaligned teeth that can cause damage to the teeth or jaw, joints and muscles. Orthodontic treatment is also performed for cosmetic reasons to create a more attractive smile.

Teeth cleaning

During your annual dental check-up, your teeth are cleaned of tartar and plaque and any discolouration is removed. Teeth cleaning reduces the risk of gingivitis and makes it easier to clean your teeth afterwards.

Tooth root cleaning

Is a treatment that is done when you have periodontal disease. The treatment can be done in several ways, for example with a hand instrument and/or ultrasound. The gum pockets and root surface are cleaned of plaque and tartar.

Tartar

Is a coating on the teeth that occurs if the teeth are not cleaned optimally. The deposits on the teeth develop into plaque, which then turns into tartar. The amount of tartar also depends on how much calcium is in your saliva.

Dentition

An adult person usually has 32 teeth, including wisdom teeth. A full set of teeth (dentition) consists of incisors, canines, molars and premolars. In addition, there may be wisdom teeth.

U

Extractions

Teeth extraction happens for a variety of reasons, but most commonly due to periodontal disease or extensive tooth decay. Other causes can be a cracked tooth or a wisdom tooth that is positioned inappropriately.

Survey

There are different types of examinations, such as status examination, diagnostic (basic) examination or focused examination. Most importantly, they are done to detect any damage and dental disease, which is why it's important to get regular check-ups to maintain healthy teeth.

V

Wisdom teeth

Are the back teeth, the ones called 8s. They are often removed or surgically extracted if they are inappropriately positioned and cannot come up, or if they are positioned so that there is a risk of damage to the neighbouring tooth.

Y

Treatments - fixed/free

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List of treatments

A list of the dental treatments covered by Danish Dental Insurance and the price covered. All fixed services are covered at the same amount as the dentist's price. Danish Dental Insurance has its own reimbursement rates for free treatments. Which treatment and how much of the treatment is covered depends on your insurance plan.