

Comprehensive Dental Care and Treatments for Teeth Issues in Hyderabad & Kochi at FMS Dental Hospitals

The Path to Oral Health: Recognizing and Resolving Common Dental Challenges



Sensitive Tooth

Tooth Decay

Impacted Tooth

Gum Disease

Cracked Tooth

FMS Dental

Tooth Pain..

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Hyderabad, Telangana May 31, 2024 (Issuewire.com) - FMS Dental Hospital provides all types of advanced dental treatments. Our Expert team of doctors includes qualified & trained dentists from all the specialties of dentistry. FMS Dental has 2 International Dental Centers in Hyderabad and Kochi and 11 Multi-speciality dental hospitals in Hyderabad with an in-house CAD-CAM dental lab with state-of-the-art technology.

A dazzling smile is not only a symbol of beauty but also a reflection of good oral health. Teeth play a fundamental role in our daily lives, allowing us to eat, speak, and smile with confidence. However, various dental issues can arise, impacting oral health and overall well-being. From cavities to gum diseases, understanding common teeth problems and their treatments is essential for maintaining a healthy smile.

In this article, let us understand some common teeth problems faced by individuals and the treatments available to address dental issues; from cavities to misalignment, and uncover the solutions that can restore your smile's brilliance.

Common Dental Problems

Tooth Decay:

Tooth decay, also known as dental caries, occurs when bacteria in the mouth produce acids that erode the enamel, leading to the formation of small cavities in the teeth. Factors such as poor oral hygiene, sugary foods, acidic drinks, and bacteria build-up contribute to the development of cavities. Early signs include tooth sensitivity, pain, and visible pits or dark spots on the teeth.

Gum Disease (Gingivitis and Periodontitis):

[Gum disease](#) encompasses a spectrum of conditions ranging from mild inflammation (gingivitis) to advanced periodontal disease. It is primarily caused by bacterial plaque buildup along the gum line, leading to inflammation, redness, swelling, and bleeding of the gums. If left untreated, gum disease can progress, resulting in gum recession, tooth loss, and damage to the supporting structures of the teeth.

Tooth Sensitivity:

Tooth sensitivity refers to discomfort or pain experienced while consuming hot, cold, sweet, or acidic foods or beverages. It occurs when the protective enamel covering the teeth wears down, exposing the underlying dentin and nerve endings. Common causes of tooth sensitivity include enamel erosion, gum recession, tooth decay, and teeth grinding (bruxism).

Tooth Discoloration:

Tooth discoloration can manifest as stains or changes in the natural color of the teeth, affecting their appearance and overall smile aesthetics. Extrinsic stains are typically caused by factors such as smoking, consumption of staining foods and beverages, and poor oral hygiene practices. Intrinsic discoloration, on the other hand, may result from factors such as genetics, aging, certain medications, or dental trauma.

Malocclusion (Misaligned Teeth):

[Malocclusion](#) refers to misalignment or irregular positioning of the teeth, which can affect bite function, oral health, and facial aesthetics. Common types of malocclusion include overcrowding, overbite, underbite, crossbite, and open bite. Malocclusion may be caused by genetic factors, abnormal jaw development, early loss of primary teeth, or habits such as thumb sucking and tongue thrusting.

Tooth Erosion:

Tooth erosion occurs when acids from foods, beverages, or stomach acids wear away the enamel, leaving teeth susceptible to damage and decay. Common causes include acidic foods and drinks, gastroesophageal reflux disease (GERD), and eating disorders. Symptoms may include tooth sensitivity, discoloration, and changes in tooth shape or texture. Treatment focuses on preventing further erosion through dietary changes, oral hygiene practices, fluoride treatments, and dental restorations like crowns or veneers.

Toothache:

Toothache is a common dental complaint characterized by pain or discomfort in or around a tooth. Causes may include tooth decay, gum disease, infection, tooth fracture, or impacted wisdom teeth. Treatment depends on the underlying cause but may involve dental fillings, root canal therapy, antibiotics for infections, and extraction of severely damaged teeth or pain management techniques like over-the-counter pain relievers or prescription medications.

Treatment Options for Common Teeth Problems:

Dental Fillings:

[Dental fillings](#) are used to repair cavities and restore the structure and function of decayed teeth. Tooth-colored filling materials are commonly used today that comprise of glass ionomer cement or composite resin, which are placed into the prepared tooth cavity and shaped to match the natural contours of the tooth.

Teeth Scaling and Root Planing:

[Teeth scaling](#) is a dental procedure performed to remove plaque, tartar, and bacteria from the surfaces of teeth and below the gumline. Using specialized instruments, such as ultrasonic scalers or hand scalers, the dental hygienist or dentist carefully scrapes away these deposits, helping to prevent gum disease, tooth decay, and bad breath. Tooth scaling is an essential part of routine dental cleanings and is typically followed by tooth polishing to leave the teeth smooth and clean. This procedure promotes oral health and maintains the integrity of the teeth and surrounding tissues.

The Root Planing process smooths out rough areas on the roots, eliminating bacterial toxins and promoting gum tissue healing. Root planing helps to reduce inflammation, shrink periodontal pockets, and prevent further progression of gum disease. It is often performed in conjunction with tooth scaling as part of a comprehensive periodontal therapy plan.

Desensitizing Toothpaste:

Desensitizing toothpaste contains ingredients such as potassium nitrate or fluoride, which help to block nerve pathways and reduce tooth sensitivity. Regular use of desensitizing toothpaste can alleviate discomfort and improve tolerance to temperature and acidic stimuli.

Teeth Whitening:

[Teeth whitening](#) treatments, such as professional in-office whitening or at-home whitening kits are effective for removing intrinsic stains and brightening the natural color of teeth. These treatments use bleaching agents such as hydrogen peroxide or carbamide peroxide to break down stains and lighten tooth discoloration.

Orthodontic Treatment:

[Orthodontic treatment](#), including braces and clear aligners, is utilized to correct malocclusion and achieve proper alignment of the teeth and jaws. By applying gentle pressure to reposition teeth over time, orthodontic interventions improve bite function, enhance facial aesthetics, and promote long-term oral health.

Having better oral health is essential for preserving the beauty and functionality of your smile. By understanding common teeth problems and the available treatments, you can take proactive steps to address issues early and prevent further complications. Whether combating cavities, gum disease, sensitivity, discoloration, or malocclusion, a personalized treatment plan tailored to your specific needs can restore your smile's radiance and confidence.



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Source : FMS International Dental Center

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