

CARIES IS THE APPEARANCE OF BLACK SPOTS

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ANNOTATION

"Toothache" is a word that harnesses children and adults, men and women. One of the main causes of severe pain in the teeth is caries. This disease can be dangerous to varying degrees, but it must be treated in any case. In the article, we will talk about the most effective methods of treating caries, as well as dwell on the Prevention of the disease.

Key words: dangerous to varying degrees, left untreated, it damages dentin.

Caries is one of the most common diseases of the oral cavity. When caries appears, tooth enamel is first damaged, if left untreated, it damages dentin (hard tissue of the tooth). Caries when taken from Latin means "rotting", among the people caries is called by the terms "tooth decay", "tooth worm", the use of the second term is somewhat incorrect from the point of view of a medical defect.

The first sign of caries is the appearance of black spots on the tooth enamel. If these spots are ignored, the diameter of the caries can increase, and the pathology can spread deeper into the tooth tissue, creating a "hole". When caries damages and pierces tooth enamel and dentin, it reaches the pulp (tooth soft tissue) and can cause very severe pain. Inflammation of the pulp — named pulpitis.

Depending on the degree of damage to the tooth, caries is divided into spots (discoloration on the surface of the tooth), superficial caries (surface damage), middle caries (the upper part of the dentin is damaged) and deep caries (the dentin is almost completely damaged, reaching the pulp). In addition, caries of enamel, dentin and root Cements are classified separately — in Root cement caries, the disease appears under the gums.

Depending on the place of occurrence, fissur (occurs in the dentition), approximal (between the teeth) and anterior neck (near or below the gums) caries are classified. In addition, there are also caries of the front teeth, which especially negatively affects the aesthetics of the smile. Usually when the front teeth are damaged, even those who are afraid of dentists immediately turn to them.

To be free from a visit to the dentist, you need to independently examine the oral cavity yourself. If you detect caries at an early stage, you can stop it even without the help of a dentist.

SYMPTOMS OF DENTAL CARIES

It is very easy to determine if you have dental caries. A change in the color of the tooth surface (the stain can be dark or runny) or its structure, such as a grain-bud — are symptoms

that indicate the appearance of the disease. Also, toothache when eating, especially severe pain that occurs when exposed to sweet, hot and cold, is also a sign of caries. A foul odor from your son can also be a symptom of a disease.

If the disease has passed into the middle stage, a notch appears on the tooth — usually it is easily felt with the tongue. However, the "hole" does not occur only due to caries, the exact diagnosis is made only by the dentist.

The main cause of caries (tooth decay) is bacteria that produce acids, which cause fluorine and calcium to be washed out of the tooth tissue. Microorganisms begin to multiply and damage the tooth 1-2 hours after cleaning the oral cavity and cause caries in the tooth.

Lack of saliva separation can also contribute to the development of caries. In fact, the mineral substances of saliva are able to partially eliminate the acids produced by bacteria. When saliva is very poorly formed, acids begin to erode teeth quickly. In addition, saliva partially washes away drafts. Xerostomia ("dryness" in the mouth) can develop as a result of various diseases, such as diabetes mellitus, hypertension, impaired nasal breathing.

In addition, tooth decay can also be caused by frequent consumption of sweets, and it does not depend on how much glucose has been consumed, but on how long it has been in contact with teeth, that is, the duration of its "sticking" to the teeth. Improper nutrition negatively affects not only the tooth, but also the health of the oral cavity as a whole.

If caries has been detected, you need to make changes to nutrition, pay more attention to oral hygiene, and also give preference to toothpastes with a high content of calcium and fluorine. It is mandatory to go to the dentist. Only timely treatment of caries will help preserve teeth.

DENTAL CARIES TREATMENT

If caries is at the stage of staining, saturation of the teeth with sufficient fluoride and calcium is considered sufficient to eliminate it. If the disease is in the superficial, middle or deep stage, then without the use of most likely, there will be no other remedy. To treat caries, it is necessary to sag the affected part of the tooth and restore its natural shape with the help of filler materials. When treating deep caries, it is usually necessary to visit the dentist twice — the first time a temporary filling is placed, and then a permanent one. If caries appears under the filling, an X-ray is used to determine it.

There are two main treatments for caries: non-invasive ("without sawing") and invasive (with sawing out the affected tissue). The choice of method depends on the stage of the disease.

CONSERVATIVE TREATMENT WITHOUT SAWING

Sawing is not used in this treatment. This method is used if the disease is at an early stage, that is, the color of the enamel has changed, or in cases where the characteristics of the patient's body (for example, an allergic reaction to anesthetic drugs) are present.

The essence of the non-invasive method is to remove the soft Karash and mineralization of the enamel. Treatment is carried out in several stages: inspection, separation from milk and application of the necessary materials. The duration of the procedure will be about an hour, it depends on the equipment and the qualifications of the dentist. If the treatment is carried out qualitatively, the disease will not recur when the teeth are properly cared for.

However, if the patient does not give up his bad habits again, there will be no doctor's fault here.

TREATMENT WITH SAWING HARD TISSUE OF THE TOOTH

Hardware treatment of the affected parts of the tooth with anesthesia. The stages of treatment depend on the stage of the disease.

Average caries is treated according to the following scheme:

Pain relief;

Mechanical and drug treatment;

Installation of protective coating;

Restoration of the anatomical shape of the tooth using fixing materials;

Grinding and finishing.

In deep caries, it is required to check the degree of damage before laying the coating, that is, how close the affected pulp is to the surface. This is done so that pain does not occur after treatment. The duration of treatment for medium and deep caries is one hour, sometimes up to two hours. Moderate caries, as we said before, is usually treated with one visit, while in the case of deep caries, it is necessary to visit the dentist twice, in severe cases — three or more times. The effectiveness of treatment depends on the quality of the drugs used, the qualifications of a specialist and the characteristics of the organism itself. With improper nutrition and poor hygiene, as well as weak immunity, the disease can recur again after a while.

MODERN METHODS OF TREATMENT

Modern approaches to the treatment of caries — one of the new methods is the chemical-mechanical method. This method consists of placing special tools on the affected tooth area and then removing and filling the affected part of the tooth. The advantages of this method are that it goes painlessly and there is no need for deep sawing.

Pathological tissue can also be removed as a result of strong air or water spraying, using special powders. But this method is effective only in the early stages of caries. The affected areas can also be removed with a laser. It recognizes and vaporizes the affected tissue. Such modern methods certainly do not cause much discomfort and are painless, but such procedures can cost the patient much more.

PREVENTION OF CARIES

To protect your teeth from caries, you should clean them with sweeping movements when brushing your teeth. Actions on this treatment should be at least 3-5 minutes. Don't forget to clean the tongue too. Be sure to brush your teeth after eating. Nutrition also affects the development of caries. After eating sweet or very sour (green apple, lemon), drink some water and rinse your mouth thoroughly. Eat fruits and vegetables that are rich in calcium and fluorine, and also focus on vitamin C and D. Raw carrots have a particularly beneficial effect on the health of teeth.

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