

DENTAL AND DENTAL DISEASES

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ANNOTATION

Caries is one of the most common diseases of the oral cavity. When caries appears, the tooth enamel is first damaged, and if left untreated, it damages the dentin (hard tissue of the tooth). Caries means "rotting" when taken from Latin, popularly known as caries "tooth decay", "tooth decay", the use of the latter term is somewhat misleading in terms of medical defect.

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

Depending on the degree of tooth damage, caries is classified into blotches (discoloration on the tooth surface), superficial caries (surface damage), middle caries (upper part of dentin damaged), and deep caries (dentin almost completely damaged, reaching as far as 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, caries of the fissure (occurs in the tooth pit), approximal (between the teeth) and cervical (near or below the gums) are classified. In addition, there are also caries of the front teeth, which especially negatively affect 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 a 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. Discoloration of the surface of the tooth (the stain can be dark or whitish) or its structure, such as cartilage-pruritus, are symptoms that indicate the appearance of the disease. Also, severe toothache when eating, especially when exposed to sweet, hot and cold, is indicative of caries. The arrival of chickpeas from the son can also be a symptom of the disease.

If the disease has passed into the middle stage, a pit appears on the tooth — usually it is easily felt with the tongue. However, the " hole " does not occur solely 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 fluoride and calcium to be washed out of the tooth tissue. Microorganisms begin to multiply and damage the tooth, and Carache appears on the tooth, 1-2 hours after cleaning the oral cavity.

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 formed very sparingly, acids begin to quickly decay teeth. In addition, the saliva partially washes away the caraches. 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 eating sweets more often, and it does not depend on how much glucose is consumed, but on how long it has come into contact with the teeth, that is, the duration of "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 should make changes to nutrition, pay more attention to oral hygiene, and also give preference to toothpastes with a high content of calcium and fluoride. It is mandatory to go to the dentist. Only timely treatment of caries will help preserve teeth.

DENTAL CARIES TREATMENT

If the caries is in the stain phase, saturating the teeth with enough fluoride and calcium is considered sufficient to eliminate it. If the disease is in a shallow, medium or deep stage, there will probably be no other measure without the use of bormashina. To treat caries, it is necessary to saw off the affected part of the tooth and restore its natural shape using filler materials. In the treatment of deep caries, it is usually necessary to visit the dentist twice — first a temporary filler, and then a permanent one. If caries appears under the filler, an X-ray is used to detect it.

There are two main methods of treating caries: non-invasive ("without sawing") and invasive (with sawing off 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 there are features of the patient's body (for example, an allergic reaction to analgesic drugs).

The essence of the non-invasive method is to remove soft abrasion and mineralization of enamel. Treatment is carried out in several stages: examination, 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 qualification of the dentist. If the treatment is carried out qualitatively, the disease will not return when the teeth are properly cared for. However, it would not be a doctor's fault if the patient did not give up his bad habits again.

TREATMENT WITH SAWING HARD TISSUE OF THE TOOTH

Hardware-assisted processing of the affected parts of the tooth with anesthetic. The stages of treatment depend on the stage of the disease.

Average caries are 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 filling 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 to deep caries is one hour, sometimes up to two hours. Average 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 specifics of the body. In case of improper nutrition and poor hygiene, as well as weak immunity, the disease can recur again after a while.

MODERN TREATMENTS

Modern approaches to the treatment of caries — one of the new methods is considered a chemical-mechanical method. This method consists of placing special tools in the affected tooth area and then removing and filling the affected part of the tooth. The advantages of this method are that it is painless and does not need deep sawing.

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

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