

Broken/Chipped Tooth

Although teeth are remarkably strong, they can break, chip and crack. Minor tooth fractures usually don't cause severe discomfort or pain, but if a large piece of the breaks off, it can hurt, as the nerve inside may be damaged. If this is the case, the exposure to air, hot, cold, or sweet drinks and foods can be extremely uncomfortable.

What causes teeth to fracture/chip?

The fracture of the tooth can be due to several reasons outlined below:

- Having cavities that significantly weaken the tooth
- Falling
- Sport related injury/accident
- Biting down on something hard

What can I do?

Whether your teeth are cracked, fractured, or broken, it is essential to see a dentist as soon as possible. Even if the tooth does not hurt, or only hurts occasionally, it may have a damaged nerve or blood vessels. The dentist can figure out the cause of the fracture, and if the tooth's nerve is in danger. A damaged nerve usually requires root canal treatment.

Just call 02087888588 or visit us at 226a Upper Richmond Road, London and we will be happy to help!

In the meantime, here are some steps you can take at home to relieve the pain:

- Take an over-the-counter pain reliever, such as Ibuprofen, Aspirin, or Acetaminophen.
- Use warm salt water to rinse your mouth several times a day. Although this won't get rid of the infection, it may ease the gum swelling.
- Apply a cold pack to the cheek or lips over the broken tooth. This will help reduce swelling and relieve pain.
- Apply pressure with a piece of gauze on any bleeding areas for about 10 minutes or until the bleeding stops. Alternatively, use a tea bag with pressure on the area to stop the bleeding.

- If you can't get to the dentist right away, cover the part of the tooth that is in your mouth with temporary dental cement. You can find this at your local pharmacy or drugstore.

Remember, if you seek professional help right away, the treatments are often very simple!