

Broken Teeth

Teeth can break because of several reasons:

- 1) Tooth decay caused by frequent sugar consumption is soft in nature and thus weakens the tooth. A decayed tooth can therefore fracture quite easily while eating hard or even soft foods thus creating a cavity.
- 2) Teeth with already large fillings - the remaining tooth structure around the fillings can be weak. Parts of this tooth structure can therefore suddenly break while eating.

Make an appointment with your dentist to get it treated

What can you do while you wait for your appointment?

A dental emergency kit is useful to temporarily patch up the exposed area. You can get this from Heath Dental or from any pharmacy.

The exposed area may feel sensitive to hot and cold, using a sensitive toothpaste such as sensodyne may help with this.

Take painkillers such as ibuprofen or paracetamol if you experience any pain.

Stick to a soft diet until your appointment to prevent it from fracturing more.

Try to keep the area as clean as possible by brushing and rinsing with warm salty water or mouthwash.