

# An Overview of Bruised Teeth

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## Description

Excessive impact and pressure on the tooth can sprain the ligaments, a condition of this tooth known as a damaged tooth. The ligaments of a person's teeth can be damaged or inflamed. Persistent toothache is not uncommon. If a patient experiences persistent toothache, the problem may be in the ligaments of your teeth, so they should definitely approach the dentist they trust. Ligaments hold the teeth in place. These connective tissues act as shock absorbers to protect the teeth from everyday use. Too much pressure can cause sprains, damage and irritation. It is known as sprained tooth syndrome or damaged tooth. The ligaments of your teeth can be exacerbated by excessive pressure and intense biting of food. The irritation can cause the teeth to feel sharp pain that can be mistaken for a common toothache. However, the two conditions are different. Ligament tension is localized to the teeth. Toothache pain can be difficult to identify in the general area.

## Causes

Bruised teeth are usually caused by trauma or injury, much like a knee falling off a bicycle and getting hurt. The black and blue bruises are the result of ruptured capillaries that darken the surface of the skin. Similar discoloration can occur on injured teeth. Affected teeth can also be damaged by the impact on the ligaments that support them. There are several ways to sprain your teeth. The general method is:

- Clenching your teeth
- Grinding your teeth at night
- Chew hard food
- Biting your fingernail
- Dental surgery or procedures
- Overfilling or underfilling the cavity filling
- Dental infections
- Trauma from small objects such as bones, seeds, seeds, ice
- Sinus problems such as allergies and colds

When tooth trauma occurs:

1. The soft tissue and ligaments around the teeth absorb the impact.
2. Next, the capillaries around the tooth rupture and pass through the apical foramen. This is also known as the root opening.
3. This leads to discoloration and pain in the teeth-like damaged skin. Pain may not be limited to damaged teeth, but it affects all surrounding teeth.

## Symptoms

One of the most prominent symptoms of a damaged tooth is, of course, pain. In particular, patients need to pay attention to dull or sore pain. This is usually a clear sign of ligament tension in the teeth. However, some people experience sharp, localized pain in their teeth. The most important thing a patient should know is the fact that stretching the ligaments localizes the pain. Therefore if the pain is in an open area is difficult to identify, it could be a simple infection or toothache. However, this also requires thorough medical care by an experienced dentist. On the other hand, cracked teeth are not an emergency treatment. Patients can even wait a few days to see if their teeth heal spontaneously. However, if the pain persists, it is advisable to see a dentist. The most common symptoms of a damaged tooth are: Dark discoloration, sensitivity, inflammation, Redness, Gum bleeding, indelible toothache and pain. Toothache can occur for a variety of reasons, but a persistent toothache is a sure sign that your tooth is injured. This means that you have been injured and you need to take steps to treat it as soon as possible.

## Treatment

- Time is the best medicine. Allows the bruise to heal naturally.
- You need to take care of the ligaments. Therefore, do not bite hard objects.
- In most cases, painkillers are the first treatment. However, a small amount is always desirable.
- If you're crazy about grinding your teeth while sleeping, consider other options, such as breaking your habits or asking your dentist about a custom-made mouth guard to prevent future surface damage.