



An Overview of Dental Trauma: A Practical Guide lines, Diagnosis and Prevention

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DESCRIPTION

Dental trauma is physical damage to the teeth, gums, and alveolar bone (the bone that holds the cavity of the tooth). Dental trauma is damage to the mouth such as the teeth, lips, gums, tongue, and jawbone. Damage or trauma to the soft tissues in the mouth is usually very painful and needs immediate treatment. The tooth has an outer hard enamel layer, and dentin is part of the tooth between the enamel and the pulp. The pulp is the living center of the tooth and is composed of small blood vessels, nerve tissue, and cells. If you have a tooth injury, see a dentist immediately. If you have a broken tooth, take it to your dentist.

Types of tooth trauma

Fracture: A surface fracture means that the fracture is confined to the hard outer shell of the crown, the enamel. This is usually not serious unless the fracture leaves the tooth with a sharp edge. Severe fractures those can be more severe if the teeth are sensitive to contact, heat, or cold. More delicate areas inside the tooth, such as dentin and pulp, may be exposed. This can increase the risk of bacterial infection.

Displacement: A stronger blow can displace the tooth so that it sinks deep into the tooth socket or hangs loosely. The teeth may shift to one side. If the blow is very strong, it can completely knock out the teeth or break the supporting bone. In most cases of tooth misalignment, the delicate blood vessels that supply the pulp are damaged and the tooth requires root canal treatment

Diagnosis

Dental trauma is diagnosed as - Examination by a dentist/ maxillofacial surgeon, dental X-rays to determine the extent of damage if a tooth breaks, lower jaw X-rays to diagnose a jaw fracture.

Treatment

If your teeth fall out, slip, loosen, or break, you should see your

dentist as soon as possible. Going to the dentist within 30 minutes can mean the difference between saving a tooth and losing a tooth. Find your teeth and, if possible, replace them as soon as possible. Do not replant after knocking out the deciduous teeth. By chewing on the gauze, you can replace the teeth in the tooth socket and hold it down. This protects the periodontal ligament that surrounds the tooth. Place a cold compress on your cheeks to relieve pain and swelling. Keep in mind that the longer you wait, the less likely your teeth will be successfully replanted.

Clean broken teeth and find broken dentures (adult teeth only). Rinse off any dirt or debris from the injured area and place a cold compress on your cheeks if there is swelling. Go to your dentist right away. Small fractures can be easily filled, but if the enamel, dentin, or pulp is damaged, a complete permanent crown can be used to repair the tooth. If the trauma is too severe, you may not have a chance to heal your teeth.

Prognosis

Infections are a common complication, but can be treated with a course of antibiotics. With timely intervention and appropriate treatment, the prognosis for healing after tooth trauma is good.

Prevention

Most tooth injuries are preventable and these precautions can minimize the risk of tooth injuries. Seat belts should always be worn and small children should be fastened to a suitable child seat to protect them from injury in the event of an accident. Homes need to be monitored for potential travel and slip risks that increase the risk of trauma. Especially for young children, child safety measures such as installing gates on the stairs, cushioning the sharp edges of the table, and pushing in electrical cords should be taken. Contact sports such as soccer, wrestling and boxing should also include non-contact sports such as skateboarding, inline skating and bicycling.

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