

Guide to Bright Smiles

Frequently Asked Questions on Oral Hygiene



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QA How can I take good care of my mouth and teeth?

You must take proper care of your mouth and teeth. First, brush your teeth with a float toothbrush or toothpaste twice a day. Remember to clean the top part of your tongue with your toothbrush. Floss your teeth at least once a day. Change your toothbrush once in 3 months. Visit your dentist for a check-up once in 6 months. Avoid the use of any tobacco products.

QA Can Root canal treatment be done in a single visit?

Root canal treatment is usually done in 2 visits. Root canal treatment can be done in a single visit if there is no infection in the tooth. If there is any infection of the tooth, then your dentist will complete the root canal treatment in multiple visits.

QA Do we need to place a crown over a root canal-treated tooth?

Placing a crown over a root canal -treated tooth is essential. Root canal treatment makes the tooth brittle as it has become lifeless. Due to this, the tooth cannot withstand the normal biting forces of the person. To enhance the strength of the tooth, a crown should be placed over it. It is commonly seen that patients who undergo root canal treatment of their teeth avoid placing crowns on their teeth. In such circumstances, the crown portion of such tooth gets fractured, so the teeth must be extracted soon.

QA How much toothpaste should my child use to brush his teeth?

Tooth brushing should start as soon as the first tooth erupts into the mouth of the child. A child from 6 months to 2 years should use a thin smear of kid's toothpaste covering the bristles of the toothbrush.



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For a child of 6 months - 2 years, they should use a pea-sized amount of kid's toothpaste. Children above 6 years should use kid's toothpaste covering the entire length of the toothbrush's bristles.

QA My child has a lot of decayed milk teeth. Is there any treatment that can be done to prevent decay in his permanent teeth?

Dental decay can be effectively prevented on permanent teeth by your dentist. Pit and fissure sealants can be used to avoid dental decay in permanent molar and premolar teeth. It is a simple restoration done on the teeth without drilling the tooth to prevent dental decay. Pit and fissure sealants avoid sticking sticky foods into the deep fissures of the teeth. The dentist's fluoride application of teeth helps prevent dental decay on all the erupted teeth.

QA In the morning, after brushing my tooth, I observed bleeding from my gums. Why does it happen?

This is because you are suffering from a problem called gingivitis. This condition is an inflammation of the gums caused by plaque and calculus over the teeth and gums. The plaque and calculus irritate the gums and cause inflammation, which causes the gums to become swollen and bleed on toothbrushing.



QA Some of my friends recently told me I have bad breath. What causes bad breath?

Bad breath mainly occurs due to the presence of plaque over the teeth and gums and calculus over the teeth. This can be corrected by having your dentist scale the teeth at the dental clinic. Even after undergoing scaling of teeth, if you have bad breath, then it could be due to various other reasons like sinusitis, lung problems, liver disorder, kidney disorder, gastrointestinal problems, use of tobacco products, and excess use of foods containing onion or garlic. The treatment of such problems will help treat bad breath.

QA What are the ways that a missing tooth can be replaced?

The most modern way to replace a missing tooth is by placing a dental implant and fixing a crown over the implant. This can be done if the patient is apparently healthy and has adequate bone thickness. The next method of replacement is dental bridges. Dental bridges are a fixed type of replacement for missing teeth. There are different types of bridges available in market today from all ceramic to metal ceramic bridges. This requires the support of the adjacent natural teeth. The last type of replacement of teeth is a removable partial denture. This is the cheapest method of replacing a missing tooth.

QA Milk teeth are unimportant as they fall off when permanent teeth erupt.

As far as a child is concerned, the milk teeth are essential—the first milk teeth in a baby's mouth at the age of 6 months. By around three years, all the milk teeth erupt in the child's oral cavity. The milk teeth help the child to chew and tear food. It helps the child to speak and smile. Each type of milk tooth sheds off at a particular age when its permanent tooth erupts into the oral cavity. The milk teeth should be preserved until the milk teeth naturally fall off.

QA How can I care for my removable dentures?

Removable dentures should be worn throughout the day, removed at night, and kept in a closed container containing normal tap water. The dentures are removed at night to provide rest to the surrounding gums and tissues. The denture should be cleaned with a soft bristled brush and soap daily. Denture cleansing tablets can be used once a week to disinfect the dentures.

QA I am 19 years old, and I am experiencing pain in my gums in the lower left wisdom tooth region. I have been unable to open my mouth fully for the past 2 days.

It looks like you are suffering from a problem called pericoronitis. This is an inflammation of the gums around the third molar tooth region. In many people, the third molars do not erupt fully into the oral cavity. This can be due to insufficient space and the inappropriate position of the erupting third molars. The dentist will take an x-ray to identify the position of the impacted tooth and its closeness to the surrounding nerve. Based on it, the dentist will plan for its removal.

QA Despite brushing my teeth twice a day, I notice a lot of plaque remains on my teeth.

Despite brushing twice daily, if plaque deposits remain on your teeth, you should use an electric toothbrush. The electric toothbrush functions with a timer for 2 minutes. They efficiently remove dental plaque from the teeth when compared to manual toothbrushes.

QA I feel sensitivity in my teeth when I consume cold beverages and sweets. What could be my problem?

Dental sensitivity can be experienced when a tooth is decayed, fracture of a part of a tooth, attrition of teeth, or receding gums. For these reasons, you can experience tooth sensitivity. Restoration of a decayed or fractured tooth will stop the sensitivity. In the case of receding gums, restoration of the exposed root surface controls the sensitivity. In the case of attrited teeth, you can use a de-sensitising toothpaste, which will ease the sensitivity.

