

DENTAL REPORT

Patient Name: Allen Jhon

Age: 32

Gender: Male

Contact: +91-8899762311

Patient Dental History

- **Present Doctor:** Dr. Sankalp Suman
- **Date of Visit:** 07/03/2025
- **Diagnosis:** Moderate to Severe Dental Cavity in the Upper Right Molar (Tooth #14)
- **Symptoms:** Tooth sensitivity, occasional pain while consuming hot or cold food, mild swelling around the affected tooth.
- **Previous Doctor:** Dr. Aditya Kumar
- **Date of Visit:** 02/02/2025
- **Diagnosis:** Early-stage cavity formation in the upper right molar.
- **Recommendation:** Advised proper oral hygiene and suggested fluoride treatment, which was not followed consistently.

Oral Hygiene Observations

- The patient brushes only **once a day**, which is insufficient for preventing plaque buildup and cavity formation.
- Plaque accumulation was observed near the gum line and between teeth.
- Possible food debris lodged in cavities, exacerbating decay progression.

Treatment Plan

Immediate Treatment

1. **Cavity Cleaning & Filling:** The decayed portion of the affected tooth will be removed, followed by a composite or amalgam filling.
2. **Fluoride Treatment:** To help remineralize the weakened enamel and prevent further decay.
3. **Antibiotics (If Required):** In case of infection or swelling, a short course of antibiotics may be prescribed.
4. **Pain Management:** Prescribed mild analgesics if the patient experiences severe discomfort.

Long-Term Recommendations

1. **Brushing Twice Daily:** Use a fluoride toothpaste and soft-bristle brush to clean teeth properly.
2. **Flossing Daily:** Helps remove food particles and plaque between teeth.
3. **Mouthwash Use:** Antibacterial mouthwash can reduce bacteria and freshen breath.
4. **Dietary Changes:** Reduce sugary foods and acidic beverages that contribute to enamel erosion.
5. **Regular Dental Checkups:** Visit the dentist every **six months** to monitor oral health and prevent future cavities.

Home Remedies

1. **Saltwater Rinse:** Helps reduce bacterial growth and soothes inflammation.

2. **Clove Oil Application:** Natural analgesic that can numb pain temporarily.
3. **Aloe Vera Gel:** Helps prevent bacterial growth and soothe irritation.
4. **Oil Pulling with Coconut Oil:** Reduces bacteria in the mouth and strengthens gums.
5. **Increase Calcium Intake:** Dairy products, almonds, and green leafy vegetables can help maintain strong enamel.

Follow-Up Appointment

- Next visit scheduled for: **07/04/2025** (One-month follow-up)
- Additional dental X-rays may be taken to monitor the cavity's progress.

Final Notes from Dr. Sankalp Suman

- The patient must **strictly** follow the recommended oral hygiene practices to prevent further complications.
- If pain worsens or swelling increases, immediate consultation is advised.
- Preventive care is crucial to avoid future decay and maintain good dental health

Doctor's Signature:

Dr. Sankalp Suman

Dental Clinic Name (Hypothetical): Advanced Dental Care Center

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