



Report for MauriceDNA12

2017-09-21T14:21:17.333+01:00

Abstract

Your teeth are generally in very good condition! I would recommend mostly continuing home care treatment as you are but maybe floss a little more. See a dentist in 3-6 months unless you experience any pain in the meantime.

Issues

Stain

Stain is discoloration of teeth. Stain can affect the surface of the tooth (extrinsic stains) or the whole tooth (intrinsic stains). Stains are usually visible to the patient either on one tooth or across many. Surface stains can be caused by a number of things such as sports drinks, cola, coffee, tea and red wine. Intrinsic stain is usually formed during the development of the teeth as a child or by another factor later in life such as cavities, fillings or damage to the tooth. Some stains can be removed by simply cleaning your teeth at home. Extrinsic, surface stain, can be removed by your dentist or hygienist by cleaning your teeth professionally, a process known as whitening. Intrinsic stain affecting the whole tooth may be treated by tooth bleaching by your dentist or hygienist.

Tooth Abrasion

Tooth abrasion is the destructive, accidental, mechanical removal of tooth structure, caused by, forceful, incorrect, brushing, hard toothbrush bristles and in particular abrasive toothpaste. Tooth abrasion may be recognized by tooth sensitivity or a notch or groove usually at the junction of the crown and root of the tooth (near the gum). It may be limited to a single tooth or affect many teeth. Tooth abrasion is usually caused by a combination of brushing incorrectly and the use of an abrasive toothpaste. Changing brushing habits, including using a softer toothbrush and using a non abrasive toothpaste, can usually stop the problem from getting worse. In cases of severe tooth abrasion your dentist may recommend a filling in the area or root canal treatment.

Amalgam

Amalgam is the dark coloured filling material made by binding together silver, tin and other metals with mercury also known as a silver filling. An amalgam (silver filling) may be seen where it was used to fill a cavity. Issues with amalgam fillings can include decay around the edges, wear and chipping. Tiny gaps left around the edges of an amalgam filling, or if a filling chips, can cause secondary decay where a new cavity forms beside the filling. It's very important to maintain good oral hygiene around amalgam fillings by brushing and flossing regularly to minimize the risk of secondary decay in the area. If decay or chipping is present you'll need to see a dentist to treat it.

Grinding / Attrition

Tooth grinding is the subconscious clenching and rubbing together of teeth. Tooth grinding might be recognized by the wearing down of teeth or more commonly from pain or headaches. It can occur during the day or while you sleep. The exact cause of tooth grinding is not known but stress, anxiety, smoking, heavy alcohol, caffeine, depression and sleep disorders are all possible causes. Treatment for tooth grinding depends on the cause but the best way to protect your teeth and prevent tooth wear and fracture is to wear an occlusal appliance, sometimes called a night guard or splint.

Fissure Sealants

Fissure sealants, or dental sealants, are plastic coatings placed in the grooves of back teeth to prevent tooth decay. Dental sealants can be clear, white or have a slight tint depending upon the dental sealant used. They are placed on the chewing surfaces of the molar and premolar teeth which have grooves — fissures — that make them difficult to clean properly and vulnerable to decay. Dental sealants provide extra protection for the grooved and pitted areas by providing a smooth surface covering over the fissured area. The first dental sealant to be placed is usually on the fissure of the first permanent molar tooth, once the chewing surface of the tooth has erupted completely beyond

Signoff

This is my signoff. Please let me know if you have any questions.

- Dr. Gus Moore.



Location: Lower middle incisor

Some mild stains here, just floss a little more!

Recommendations:

- No homecare recommendations
- Floss
- No in office treatment recommendations
- Brush twice per day
- Chew sugarfree gum
- Get a professional dental cleaning
- Reduce or stop smoking and using tobacco
- Use a home tooth whitening kit
- Use a whitening toothpaste
- Limit your caffeine intake
- Eat less foods that stain your teeth such as wine & coffee

Location: Fang

Some mottling going on here. Drink some bleach!

Recommendations:

- No homecare recommendations
- No in office treatment recommendations
- Maintain good oral hygiene
- Get a composite (white filling)
- Monitor the area for any change

Location: Whole mouth

Bit of amalgam here. Looks like good previous work

Recommendations:

- No homecare recommendations
- No in office treatment recommendations
- Replace soda with water
- Replace your snacks with healthy alternatives
- Brush twice per day
- Floss once per day
- Use a fluoride toothpaste
- Get an Xray to confirm the problem
- Use a fluoride mouthwash
- Do not use a toothpaste or mouthwash that contains alcohol

Location: Top chomper

Moderate tooth grinding could cause headaches or wear down and chip teeth.

Recommendations:

- No homecare recommendations
- No in office treatment recommendations
- Get a porcelain crown
- Get a gold shell crown
- Get a veneer
- Get dental bonding
- Get a mouth guard
- Book an appointment with an orthodontist

Location: Lower left molar

This is well done previous work !

Recommendations:

- No homecare recommendations
- No in office treatment recommendations