



# The Brightside of Life

July 2019 Issue

# What Are The Signs & Symptoms and Treatments Of A Cracked Tooth?

There can be a number of different causes of a cracked tooth and it is important to know that many of us naturally have small cracks within our teeth, which often will never be an issue. However concerns occur when cracks cause damage to our teeth or lead to pain.

Brightside Dental's principal dentist Ketan discusses the subject here:

<https://youtu.be/TROhiFWmnkc>

## The main things that can cause a crack within a tooth are:

- Having a large filling which makes the rest of the tooth weaker and can cause the tooth to crack. This is generally seen more commonly with amalgam (metal fillings) compared with composite(tooth coloured) fillings because the metal is stronger than the natural tooth.
- Trauma to a tooth caused by an accident or fall; sporting injury; or being involved in a fight
- Excess repeated pressure from tooth grinding (or bruxism)
- Eating particularly hard foods such as nuts, ice, hard sweets or biting into a bone
- Using your teeth for things they are not designed for such as opening bottles and tearing clothes tags



## The main symptoms of a cracked tooth:

- Pain on biting or chewing that usually lasts a very short time
- Pain that comes and goes but usually doesn't last any extended period of time
- Swelling and possible soreness of the gum around a tooth
- Sensitivity especially to hot; cold; and or sweet things
- Part of a tooth moving with pressure

### **Treatment options for a cracked tooth:**

Treatment will largely depend on how severe the problem is and how much the symptoms bother you. You would need to seek advice of a dentist to be able to correctly diagnose the problem and advise on the treatment options that would be suitable for you. Sometimes a cracked tooth can be very difficult to diagnose as the crack may be deep within the tooth or underneath an existing restoration so would not be visible directly in the mouth and often not on a X-ray.



1. No treatment – this would be based upon the symptoms and diagnosis as to whether would be appropriate
2. Composite bonding to fill and seal the crack
3. Removal of existing restoration if present then to investigate the tooth and remove part of all of the crack and restore with a temporary or definitive filling and review to see if the symptoms settle
4. Root canal treatment – if the crack has reached the nerve (pulp) of the tooth this may be necessary because a normal filling won't help
5. Crown. A crown may be placed either as a stand-alone treatment or following root canal treatment. The purpose of this is to protect the tooth and balance the forces on the tooth when eating
6. Extraction. This may be necessary if the crack has progressed so deep within the tooth that it's unrestorable

At Brightside Dental, we try and follow treatment in order of the above list where possible so that the least invasive treatment is carried out to resolve the problem and if it doesn't settle, we may consider moving on to the next option. However, can't go backwards the other way – won't a tooth is extracted, there is no going back!

If you would like any advice or wish to make an appointment, call us on 020 88884401.

# Smile Of The Month



**Before**



**After**



*Dr Ketan Shah*

**brightside  
dental**  
The Quality of Smile Matters

Miriam has been coming to Brightside for many years for her dental care. In 2009, we replaced some failing crowns and fillings with 4 new crowns.

Around 2015, one of the crowned teeth had some issues due to gum problems which meant it moved out of position and needed to be extracted. Miriam had a denture for a few years, which she never got on well with.

She had considered dental implant treatment, but was scared of the treatment being painful. After many

discussions, she finally made the decision to go ahead with the dental implant.

Miriam shares her story here:

<https://youtu.be/gjbAUuh1Czs>



The treatment went very smoothly and Miriam was overjoyed with the outcome of treatment, with her main regret (one we regularly experience) is that she wished she had gone ahead sooner with the treatment.

If you would like to know more about our options for replacing missing teeth please call us on 020 88884401.

## Thank You For Your Referrals

Scott McDonald, Yang Jiang,  
Susan Cole, Linda Cordiner,  
Peter McKay, Peter Botcherby,  
and Rizwaan Yacub



# Quotes, Jokes, and Tips

## DID YOU KNOW?



- Tooth enamel is the **HARDEST** substance in the human body.
- Like fingerprint, every one's tongue print is different.
- If you're right handed, you will chew food on your right side. If you're left handed, you will tend to chew you food on side.

WHAT DO  
DENTISTS CALL  
THEIR XRAYS?

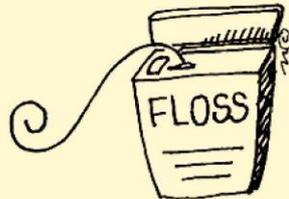


TOOTH-PIC



Keep  
Calm  
And  
Floss  
On!

~ The Fresh Quotes ~



# Practice News

*Congratulations On Brightside Work Anniversaries to Sorina (1year), Mihaela(4years), Ketan(15 years), Lana(2years), and Alfvita(1year)*



*Well done to our 5 Brightside Team Members who completed the 5km Color Obstacle Rush in support of World Animal Protection.*



# What Our Clients Say About Us...



**Mercedes Rosello**

2 reviews

★★★★★ 3 weeks ago

Very skilled, professional dentistry. Tried the new Wand anaesthetic option - it does what it says on the tin, namely working like magic in ensuring a totally pain-free experience in tooth treatment.



**Ranbir Saini**

3 reviews

★★★★★ 2 weeks ago

Lovely atmosphere and really professional staff.



**Sakis Athanatos**

1 review

★★★★★ a day ago

Mr Patel did his best to make my day better. Thank you for your professional services.

**Brightside Dental**

**For Information on Calm & Gentle Dentistry**

**Call us now: 020 8888 4401 or For More Patient Stories Visit Us:**

**[www.BrightsideDental.co.uk](http://www.BrightsideDental.co.uk)**