

Dental Health Week 2018: Watch Your Mouth - Smile Solutions - Articles

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to the prolonged position of the dummy or thumb in the mouth, long-term effects may include incorrect positioning of the teeth, speech and language issues, mouth-breathing, and tooth decay if dummies are dipped in sugary liquids. It best to discontinue the use of dummies before your child is two years of age. If you have concerns about your child's habits, speak to your dentist or GP for more advice. The effects of tongue and lip piercings While piercings and body modification jewellery come in and out of trend, one thing remains the same: the risk of harm to your mouth and teeth . Lip and tongue piercings regularly come in contact with our teeth and gums and, through movement, can damage and erode the enamel (the hard, white tooth coating) and can cause gum and soft tissue injury. Long-term effects on gums can be so severe that the gum tissue will recede (or shrink away from the tooth), exposing the root and causing sensitivity, exposing it to bacteria and causing decay if untreated. If you wish to keep such accessories, we suggest you remove them during times of increased risk of damage: while eating, sleeping, brushing, or undertaking strenuous activity. For assessment and further advice, chat to your general dentist today. Cigarettes smoking and dental health Many of us know that smoking poses serious health risks including oral and lung cancers, but there are a number of lesser known effects cigarettes, tobacco pipes and cigars have on our mouth and teeth. Smoking begins at the lips, leading to permanent wrinkles around the mouth as the lips frequently close around the smoking instrument. The smoke is then drawn into the oral cavity (your mouth) and will stain the teeth and discolour the gums and tongue. Did you know that tobacco, and the thousands of toxins it carries, restrict blood flow to the mouth by affecting our epithelial cells that line our blood vessels? This means that ulcers, cuts or injuries to the mouth will take longer than normal to heal as all of the good healing cells struggle to reach their destination. This means the healing of any dental procedure involving the gums or tissue of the mouth will be delayed also. Smoking can even cause loss of teeth. Do you know why? Because tobacco affects your immune system's response to bacteria in the mouth, significantly increasing the risk of acquiring gum disease from present bacteria. Gum disease, if left untreated, causes bone loss around teeth, leaving them loose in their sockets. Looking after your tastebuds Did you know that there are up to 5000 taste buds in the adult mouth? These work with our sense of smell, as well as our texture and temperature senses to help us enjoy food as well as distinguish between what is healthy and what is harmful. As we reach middle age, our taste perception begins to fade due to loss of papillae on our tongue, which house hundreds of our taste-buds. But imagine you are already unknowingly dulling your healthy buds! To keep your taste receptors in tip top shape, we suggest you: Avoid smoking Keep your tongue nice and clean Avoid over-consumption of spicy foods For more tips and tricks, ask your dentist to impress you at your next routine check-up. Contact Smile Solutions today !

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