

CRACKED TOOTH SYNDROME

How Do You Know You Have A Cracked Tooth?

When you bite down, you feel a sharp pain. It may quickly disappear so you may ignore it. You avoid certain foods or chew on one side of your mouth. You could have a cracked tooth.

How Do You Get A Cracked Tooth?

There are many causes for a cracked tooth. Pressure and stress can lead to a crack in your tooth. This can be caused by grinding or uneven chewing, an accident involving your mouth, or if you have significant sized fillings, your tooth may become more brittle and susceptible to cracking. Chewing on hard objects, such as ice or nuts, and exposing your teeth to extreme temperature changes, like eating hot food and drinking ice water, can also cause cracking.

How Do You Treat A Cracked Tooth?

Some cracks are not visible to the naked eye and pain may be hard to pinpoint. When this occurs you should keep track of the kind of pain experienced and what causes it. Pressure from biting may cause the crack to widen. When you open, the pressure is released and a sharp pain may result. If your tooth is sensitive to hot and cold, sweets, or chewy types of foods, you will want to make note of this. Your recorded symptoms can help your dentist determine where and how severe the cracked tooth may be. Once the tooth is identified, your dentist can recommend the proper treatment. The most common ways to fix a cracked tooth is by restoring the tooth with bonding or a crown. If the nerve becomes involved, root canal treatment may be necessary, or if the crack is too severe an extraction of the tooth may be suggested. Small cracks are common and usually do not cause problems. Regular dental checkups are very important in prevention and treatment at an early stage.