

BITE INTO THOSE MYTHS



Despite huge technological strides, there still there exist many pre-conceived notions about dental diseases and their treatment which are far from true. Husband and wife duo **Dr Shalaka** and **Saurabh Kadali** shatter some dental myths...

MYTH-1 DENTAL TREATMENT IS VERY PAINFUL

FACT - Though once true, modern advances in dental materials and instruments like high-speed water spray, cooled diamond drills, rotary systems, digital x-ray systems have significantly decreased patients discomfort during and after dental treatment.

MYTH-2 CLEANING OF TEETH IS HARMFUL, CAUSES SENSITIVITY AND LOOSENS THE TEETH

FACT - Cleaning is done by a special instrument which only vibrates at a very high speed to loosen and remove the dirt around the teeth. In no way does this vibrating instrument scratch or remove the tooth enamel. Yes some times the teeth become a little loose and a little sensitive but this is temporary and usually settles down in a week's time.

MYTH-3 MILK OR BABY TEETH ARE TEMPORARY AND NEED NOT BE TREATED

FACT - Milk teeth serve in guiding the permanent teeth to its correct position at the correct time. If milk teeth are extracted earlier, it can cause the permanent tooth to erupt late or in a different position or it may not even erupt!! That is why milk teeth should be saved and cavities filled as soon as they appear.

MYTH-4 TEETH CANNOT BE SAVED ONCE THEY START PAINING

FACT - Tooth pain starts when the tooth nerve gets infected. At this stage a ROOT CANAL treatment



gums are healthy. Yes, it may take slightly longer or may not be ideally finished but the major problem can most definitely be corrected.

MYTH-7 EXTRACTION OF UPPER TEETH CAN CAUSE LOSS OF VISION AND HARM THE BRAIN/ EXTRACTION OF LOWER TEETH CAN DAMAGE HEARING

FACT - There is absolutely no relationship between extraction of any tooth in your mouth (upper or lower) and vision, hearing or brain. If this was true, people who had all teeth removed would be blind, deaf or mentally challenged! So, don't fall prey to this myth!

MYTH-8 COSMETIC TREATMENT IS FOR RICH AND FAMOUS ONLY

FACT - With various advances in dentistry like whitening, veneers, metal free crowns, implants etc, numerous options are available to suit everybody's budget. With proper maintenance, the changes can last a life time.

MYTH-9 DENTAL TREATMENT IS EXPENSIVE

FACT - A Stitch in time saves nine. For example, replacement of a tooth is costing more than treating an infected tooth with ROOT CANAL treatment which in turn costs more than just filling a decayed tooth before infection and so on. Thus regular check-ups can detect problems early or even prevent them. Such routine checkups and correction of minor initial problems are minimum compared to the cost of management of advanced disease condition.

procedure can be done to save the tooth. This saved tooth once completely restored can be used normally and stays in patient's mouth for life.

MYTH-5 EXTRACTED TEETH DO NOT NEED TO BE ARTIFICIALLY REPLACED

FACT - Priority should always be given to save a tooth however badly decayed. In spite of all efforts, if the tooth still has to be removed, it should be replaced as soon as possible usually within six months. If not done, the adjacent teeth will start tilting towards the gap and the opposing tooth will also start coming down. This will cause abnormal gaps leading to food collection, cavities and damage to the gums also.

MYTH-6 BRACES TREATMENT FOR CORRECTING CROOKED OR MAL-POSITIONED TEETH IS FOR CHILDREN ONLY

FACT - Although the correct ideal age for braces treatment is around 10-14 years, people of all ages can benefit from braces treatment if the

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