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Common Causes of Toothaches

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Toothaches are some of the most common dental problems in the U.S. Age is not a factor when it comes to this oral health issue--no adult or child is 100 percent immune from it. Regardless of who the victim is, a toothache usually starts with a throb and eventually develops into an unbearable pain affecting the teeth or jaws.

This is typically the result of an underlying dental ailment, so it's important to see a dentist for proper treatment and corresponding preventive measures. Isolating the cause is the first step in treatment, and there is no one slated to do this better than an expert in the field. However, a lot of people simply ignore toothaches until the pain recedes or disappears; this, though, is a foolhardy strategy. Mind over matter in this case only aggravates toothache-causing conditions, which include the following:

Dental Cavities and Swelling

These are the most common causes of toothaches. Cavities are holes and cracks in the enamel and dentin, which serve as the teeth's protective layers. Both layers are essential in shielding the tooth tissue called the "pulp," where the nerves and blood vessels are located. The deterioration of the tooth and the exposure of the pulp lead to sensitivity and pain that can usually be remedied through dental filling or tooth extraction.

Root Sensitivity

Some people acquire root sensitivity through genetics, but it can also be caused by improper oral hygiene. Bacterial toxins soften the protective 'bone' layer around the roots, causing the bone and gum to disintegrate. A competent dentist in Indianapolis would recommend fluoride gel treatment to alleviate root sensitivity.

Gum Disease

Also known as periodontal disease, this condition refers to gum inflammation and bone loss in the same area, both of which prevent the teeth from holding their positions. This ailment is often caused by plaque, which is a mixture of saliva, food particles, and bacteria. People with poor oral hygiene, massive smokers, and those who have diabetes are prone to this disease. A dentist Indianapolis residents trust would typically recommend plaque scrapping or root planing.

Cracked Tooth Disorder

A tooth fracture occurs when a person bites or chews hard objects. The crack is not associated with any gum diseases or cavity problems; however, it causes severe pain in the affected area all the same. Reliable dentists in Indianapolis would recommend a full-coverage tooth crowning or a root canal to alleviate the toothache. For more relevant information about common toothache causes, visit worldental.org/teeth/most-common-toothache-causes/656/.

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