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Some dental issues, such as dirty and yellowish teeth, can be resolved with proper brushing and dental whitening products, respectively. Others require you to visit your nearest dentist for diagnosis and treatment. Here are five common dental health problems, what you can do to cope with them, and how to know if a visit to the dentist is necessary.

Halitosis. This is the medical term for bad breath. In milder cases, excess bacteria in your mouth cause this. This may also be a sign of more serious oral problems, such as gum disease and oral cancer, so consult your dentist if you have other symptoms, such as bleeding gums, which accompany your halitosis. Clean your tongue and your teeth when you brush, and donâ€™t forget to use mouthwash.

Tooth Decay. Acid from the bacteria in your mouth can bore through the enamel, the visible hard white surface of your teeth. For minor cases, you have cavities; for serious ones, you may find deformed, dark-colored teeth. To prevent this, avoid sweets and acidic liquids like soft drinks, and brush your teeth as thoroughly as you can; otherwise, see your dentist for the appropriate treatment.

Toothaches. If bacteria break through your enamel, these make contact with the tooth pulp that contains nerves which nourish your teeth, causing toothache. You may also experience pain in your teeth if you expose them to extreme temperatures, especially if theyâ€™re sensitive or if you have gum disease. Consult your dentist for persistent toothaches.

Malocclusion. Sometimes, your teeth are misaligned, i.e. too crowded or too far apart. Genetics, poor oral hygiene, and missing teeth are some causes of malocclusions. White Plains dental services include the installment of metal braces or Invisalignâ€“clear braces that are customized to fit your pearly whitesâ€“to correct your teeth. In more serious cases, such as malocclusions that significantly alter your jawâ€™s appearance, you need to undergo surgery.

Mouth sores. If youâ€™ve experienced accidentally biting your lips, you may have had these. Theyâ€™re painful, but they usually go away within two weeks without treatment. However, if mouth sores pop up every now and then, or their duration lasts more than two weeks, see your White Plains dentist as soon as you can.

Your dentist in white plains can help you keep your oral health, on top of your regular hygiene routine. If you want to save resources, you need to learn to distinguish between dental problems that you can treat by yourself, and problems that call for your dentistâ€™s services. For more information on common dental problems, read dentistry.about.com/od/toothmouthconditions/tp/10-Common-Dental-Problems.htm.

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