

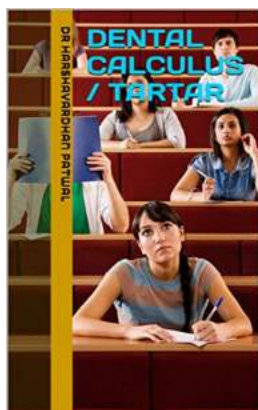
The Ultimate Guide to Dental Calculus Tartar: Prevent Problems with Dr. Harshavardhan Patwal

Dental calculus tartar, also known as dental tartar or dental calculus, is a common dental issue that affects many individuals worldwide. It can lead to various oral health problems if left untreated. In this comprehensive guide, Dr. Harshavardhan Patwal, a renowned dental expert, will take you through everything you need to know about dental calculus tartar and how to prevent its harmful effects on your oral health.

Understanding Dental Calculus Tartar

Dental calculus tartar is a hard, calcified deposit that forms on the teeth and gumline. It is primarily composed of food particles, saliva, and bacteria. When dental plaque, a sticky biofilm that forms on teeth, is not adequately removed through regular brushing and flossing, it hardens and turns into tartar.

Unlike dental plaque, which can be removed through proper oral hygiene practices, dental calculus tartar is strongly adhered to the tooth surface and requires professional intervention to eliminate effectively.



DENTAL CALCULUS / TARTAR

by Dr Harshavardhan Patwal (Kindle Edition)

★★★★★ 5 out of 5

Language : English

File size : 2520 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Print length : 31 pages

Screen Reader : Supported



The Consequences of Dental Calculus Tartar

If left untreated, dental calculus tartar can lead to various oral health problems, including:

- **Gingivitis:** The presence of tartar can cause gum inflammation, leading to bleeding, swelling, and tenderness.
- **Periodontitis:** If gingivitis is not treated, it can progress to periodontitis, a severe gum disease. This can result in bone loss, tooth mobility, and eventually tooth loss.
- **Bad breath:** The accumulation of tartar can lead to chronic bad breath, or halitosis, due to the presence of bacteria.
- **Tooth discoloration:** Tartar buildup can cause yellow or brown stains on the teeth, affecting their aesthetic appearance.

Preventing Dental Calculus Tartar

Prevention plays a crucial role in maintaining a healthy smile and preventing dental calculus tartar. Dr. Harshavardhan Patwal recommends the following preventive measures:

- **Brushing:** Brush your teeth at least twice a day using a fluoride toothpaste. Make sure to brush all tooth surfaces and along the gumline in a gentle circular motion.
- **Flossing:** Flossing helps remove plaque and food particles from areas where a toothbrush cannot reach. Do it daily to prevent tartar formation.

- **Maintain a healthy diet:** Limit sugary and starchy foods as they contribute to bacterial growth and plaque formation. Include fruits, vegetables, and high-fiber foods in your diet.
- **Regular dental visits:** Visit your dentist for routine dental check-ups and professional cleanings. Your dentist can remove any tartar buildup and provide guidance on proper oral hygiene techniques.

Professional Treatment Options

If dental tartar has already formed on your teeth, professional intervention is necessary to eliminate it. Dr. Harshavardhan Patwal outlines the following treatment options:

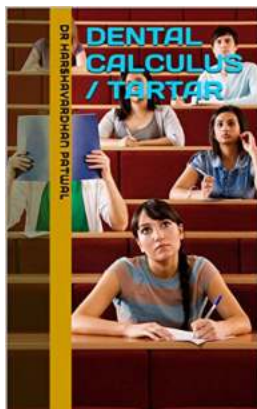
- **Scaling:** Dental scaling is a professional cleaning procedure that removes tartar from the tooth surfaces and below the gumline.
- **Root planing:** This procedure smoothens the root surfaces to promote gum reattachment and prevent further tartar buildup.
- **Antibiotic therapy:** In severe cases, antibiotics may be prescribed to control bacterial infection and reduce inflammation.

Taking prompt action and seeking professional help can help prevent the complications associated with dental calculus tartar.

Dental calculus tartar is a dental issue that cannot be ignored. It can lead to severe consequences, including gum disease and tooth loss. By maintaining good oral hygiene practices, following a healthy diet, and visiting your dentist regularly, you can prevent the formation of dental tartar and keep your smile healthy and vibrant. Remember, prevention is the key to a beautiful smile!

About Dr. Harshavardhan Patwal

Dr. Harshavardhan Patwal is a well-known and highly respected dental professional with years of experience in treating various oral health issues. He is dedicated to educating individuals about proper oral care practices and helping them achieve optimal dental health. Dr. Patwal's expertise and passion for dentistry make him a trusted source for all dental concerns.



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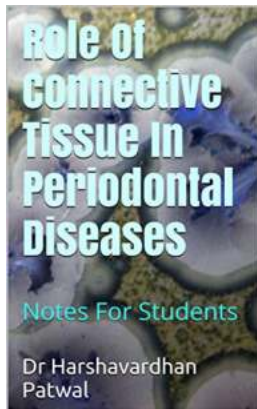


The oral cavity is the site of a variety of abnormal calcified deposits that can form within the gingiva, tooth pulps and salivary glands as well as on dentures and other oral appliances.

The most common oral deposits form on the teeth and it is these, which are in close juxtaposition to the gingiva and other supporting tissues that generate concern in periodontal disease.

Dental calculus` is an adherent calcified / calcifying mass that forms on the surface of natural teeth and dental prosthesis covered on its external surface by vital, tightly adherent non-mineralized plaque.

There may also be a loosely held covering of materia alba, shed bacteria, desquamated epithelial cells and blood derived from crevicular area.



The Shocking Truth About the Role of Connective Tissue in Periodontal Diseases!

Periodontal diseases are a significant concern for individuals of all ages. These diseases affect the supporting structures of the teeth, including the gums and...

*Steps to
Loving You,
Creating
Positive Changes*



Trish Scoular, RPC

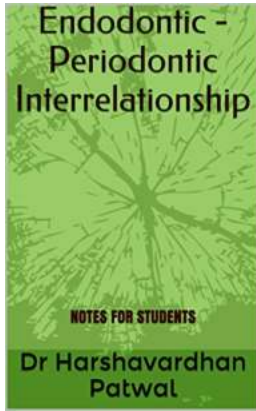
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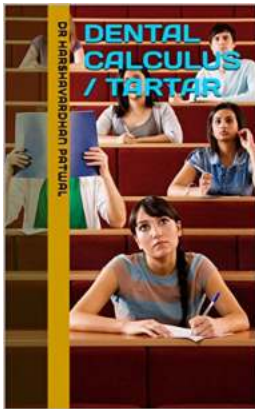
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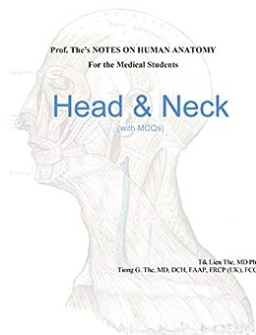
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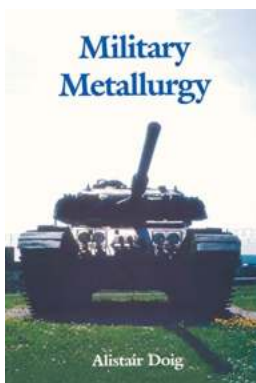
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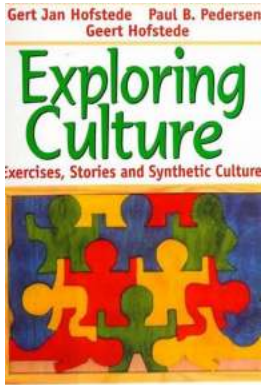
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