

DR. RELA INSTITUTE & MEDICAL CENTRE
An International Medical Facility



Department of Dental Surgery



www.relainstitute.com

Introduction

Taking good care of your mouth, teeth and gums is a worthy goal in and of itself. Good oral and dental hygiene can help prevent bad breath, tooth decay and gum disease. A healthy mouth is very important for good overall health. It cannot be denied that your mouth is a window into what's going on in the rest of your body. It is highly essential you understand the importance of oral health in order to stay healthy.

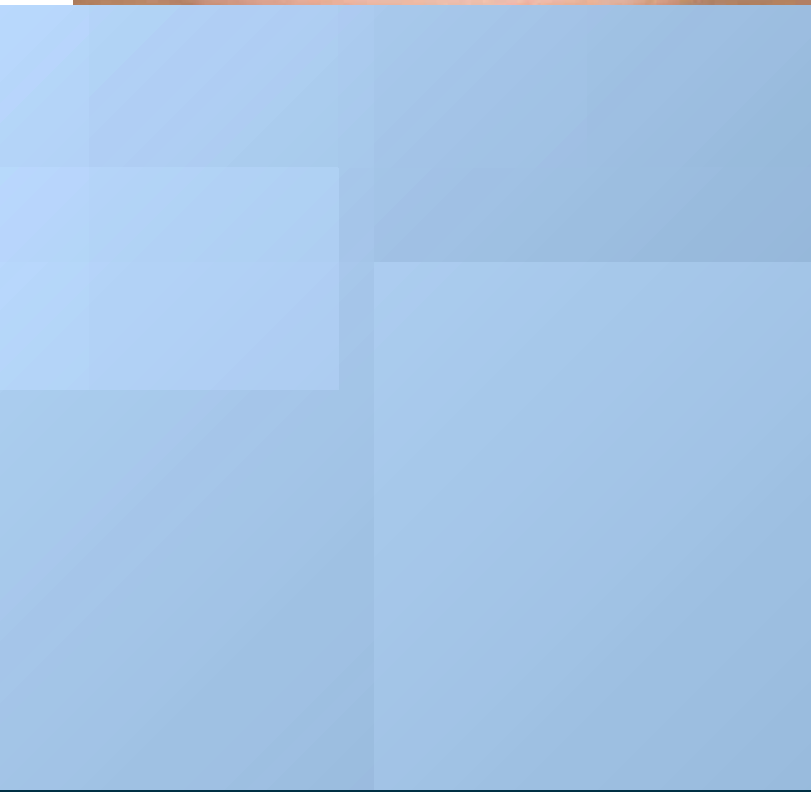
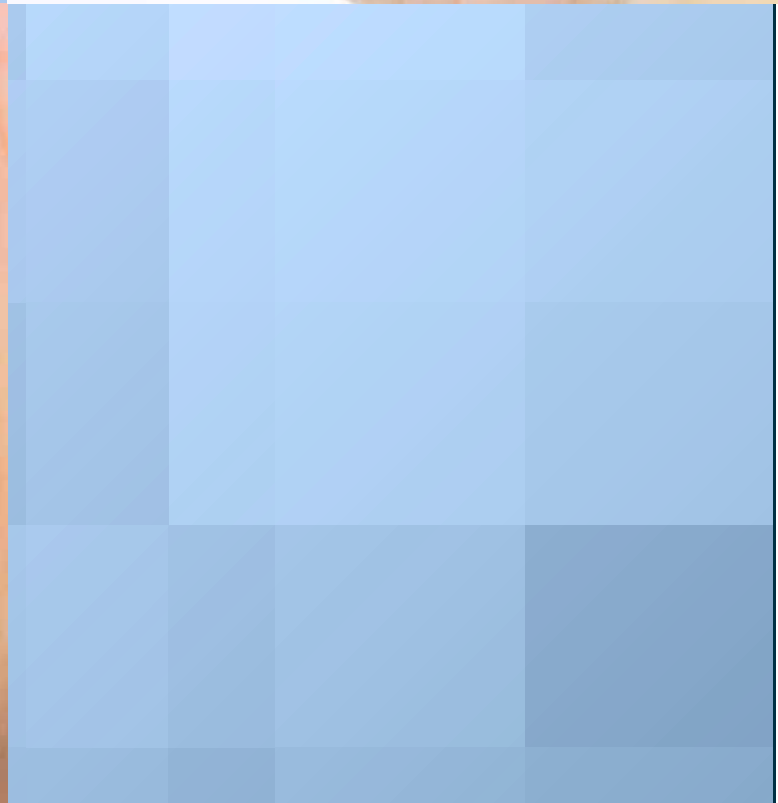
We at Rela institute offer several dental procedures and treatment, some of which are highlighted below





Gum bleeding and Gingivitis

Noticing bleeding gums while brushing or flossing can cause alarm. Often the cause of bleeding gums is as simple as brushing too hard, but in some instances it can be a symptom of something more serious.



Bleeding Gums Causes

One of the biggest bleeding gums causes is the buildup of plaque on the teeth. If left unaddressed this will lead to gingivitis, an early stage of gum disease. Alongside bleeding gums, symptoms of gingivitis include red and puffy gums. Gingivitis occurs when plaque, which contains bacteria, builds up on teeth and produces toxins that irritate the gums. Signs of gingivitis include bleeding, puffy, sore, inflamed or red gums. Managing gingivitis is important so that it doesn't progress into a more serious form of gum disease. Thorough daily plaque removal is your best weapon against gingivitis. Other factors that might increase your risk of gingivitis include smoking, stress, hormonal changes, poor nutrition, medications and chronic diseases.

TOOTH WITH PLAQUE



HEALTHY TOOTH





Treatment and Prevention of Gingivitis

Here are some important ways to help manage gingivitis, and remember, it's all about keeping your teeth as free from plaque as possible:

- ◆ Brush thoroughly twice a day with an antigingivitis toothpaste.
- ◆ Rinse thoroughly with an antigingivitis mouthwash.
- ◆ Use a soft bristled manual or electric rechargeable toothbrush.
- ◆ Floss daily.
- ◆ Visit a dental professional regularly.

Bleeding Gums Treatment

The best way to find out the cause of your bleeding gums is to book an appointment with a dental professional. A dentist will be able to advise you on the best bleeding gums treatment according to your symptoms. The various treatment include supra and subgingival scaling and periodontal procedures.





Dental Braces (Orthodontic Treatment)

The reasons for braces and orthodontic treatment vary from patient to patient. Your dentist will typically be the first person to mention orthodontic treatment, and will likely send you or your loved one to see an orthodontist for a consultation.



Who is a Candidate for Braces?

It is recommended that children should be seen for their first orthodontic consultation no later than age 7. While the age of 7 may seem unusually early to consider braces, this pre-screening will give the orthodontist the opportunity to use preventative measures to possibly correct situations that may lead to braces in the future, and /or advise the parent on future orthodontic treatment planning. Adults seeking orthodontic treatment may consult with their dentist at any time since it is never too late to consider correcting your teeth.. The initial consultation with the orthodontist is typically a visual evaluation of the patient's teeth and facial structure, with discussion to follow. If the orthodontist requires more in-depth information, or the patient agrees to begin treatment, diagnostic records are then taken of the patient. These diagnostic tools, consisting of x-rays, models of the patient's teeth, and photographs of the patient's face and teeth, are used by the orthodontist to study and formulate a treatment plan to present to the patient.



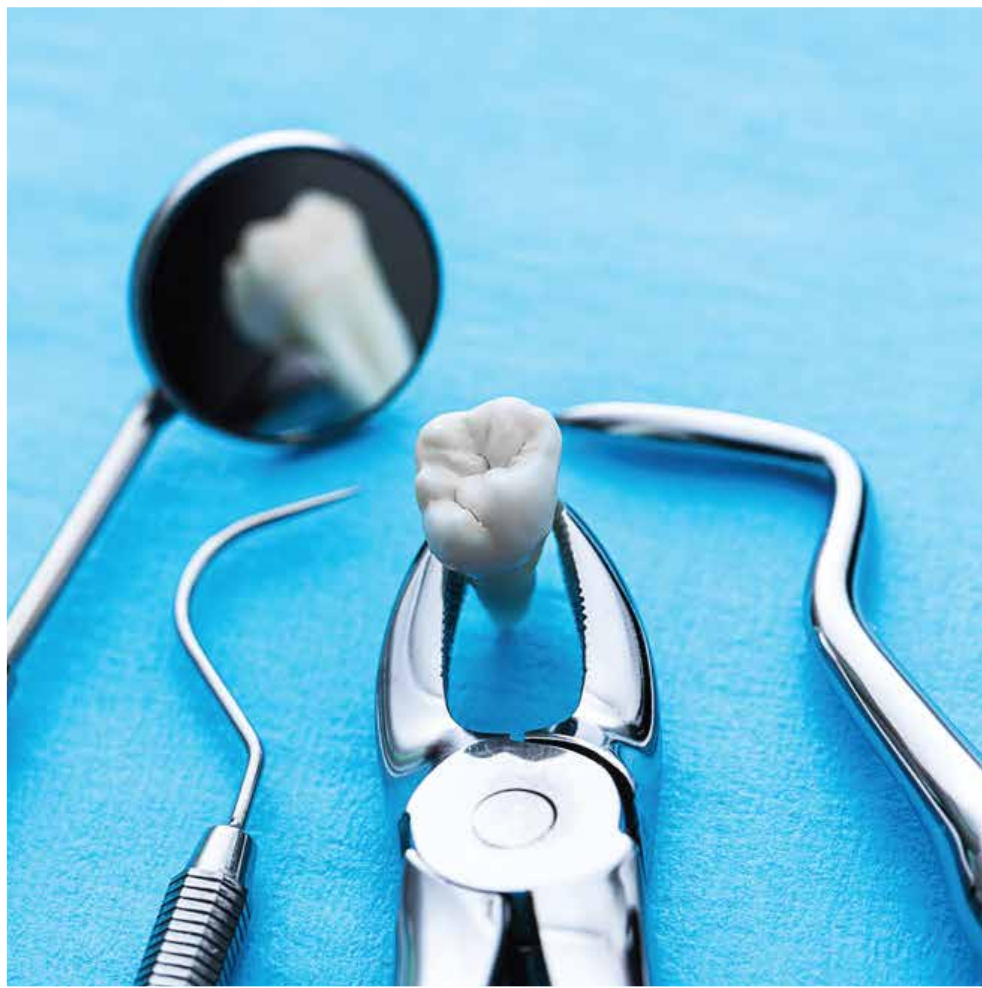
Why You Might Need Braces

Braces are used to move teeth into the ideal position and align how they bite together, known as occlusion. Malocclusion is used to describe the misalignment of teeth between the upper and lower dental arches. While some patients may have the ideal bite, they may suffer from varying degrees of crowding or spacing, another factor associated with a misaligned bite. Crowding is a condition that causes the teeth to overlap, rotate, and in some cases, grow into the incorrect position in the mouth, or in more extreme cases, cause the tooth to become trapped in the bone. Crowding may be caused because the dental arch is too small for the adult teeth, or the adult teeth are larger than normal.

Crowding may also be caused by losing the primary or baby teeth early or retaining them in the mouth longer than normal. These factors may inhibit the adult tooth, forcing it to erupt or grow into an incorrect position. Crowding makes it difficult to brush and floss the teeth correctly, possibly resulting in tooth decay or gingivitis. Alternatively, varying degrees of spacing may be present, due to smaller teeth or jaw size.

The type of orthodontic braces that you can choose varies from metal to tooth coloured ceramic braces. The recent ones are invisible braces, self ligation technology and lingual braces.

Wisdom teeth removal



What are wisdom teeth?

Wisdom teeth, or third molars, are the final teeth to develop in the mouth, usually in our late teens or early twenties. The 4 wisdom teeth are the last teeth in the back of your mouth – top and bottom. Not everyone has wisdom teeth and if they do not crowd other teeth, they can stay and act like other molars for chewing food.

Wisdom Teeth Pain and Infection

Oftentimes wisdom teeth become trapped in the jawbone and don't break through the gum tissue. Sometimes wisdom teeth are crooked and cause cavities or gum disease. If wisdom teeth are crooked, blocked by other teeth or have a flap of gum tissue on top, plaque and food can enter around the tooth and cause cavities, gum disease or wisdom tooth infection. X-rays are taken to see if you have wisdom teeth and how they are placed in your jawbone.

Do Wisdom Teeth have to be removed?

In many cases, it is a good idea that trapped wisdom teeth be extracted. The tooth is extracted whole or surgically cut into large pieces, which can be removed separately if the entire tooth cannot be removed at once. The site is closed with stitches.

Dental Implants

What are Dental Implants?

Dental implants are posts, or anchors, that are surgically implanted into the jawbone and fulfil the role that the root did in the original teeth. Once the dental implants are in place, false teeth are attached to them.

What is the Dental Implant Procedure?

The dental implant procedure can be time consuming depending on the amount of implants and preparatory work that's required. In the majority of cases, the process is carried out under local anesthetic.



There are two types of dental implant surgery

Subperiosteal Implants

These dental implants are made up of a metal frame that's attached to the jawbone below the gumline. The process of the gums healing anchors the frame in place. Once it's healed, posts are then attached to the frame and following that, the artificial teeth.

Endosteal Implants

This dental implant surgery consists of the metal implants and then the posts being inserted and attached directly to the jawbone in two separate surgeries. Once these have healed, the tooth implant is mounted. Both of these dental implant procedures can take anywhere between 3 and 6 months to complete, depending on the individual.

Oral Diseases

Healthy mouth, healthy you !

Teeth are important for cosmetics and function. Similarly, other oral structures (gums, tongue, inner part of the cheek and palate) are equally important for maintaining a good health. It is said that your oral cavity is a mirror which reflects your general health. For instance, oral ulcers can be a key in identifying various systemic diseases. Likewise, deleterious habits such as smoking, paan chewing and alcohol intake can injure soft tissues, overlooking these changes may turn harmful. Early detection of such ulcers may have a better prognosis. Hence, screening your oral tissues is crucial for your well being.



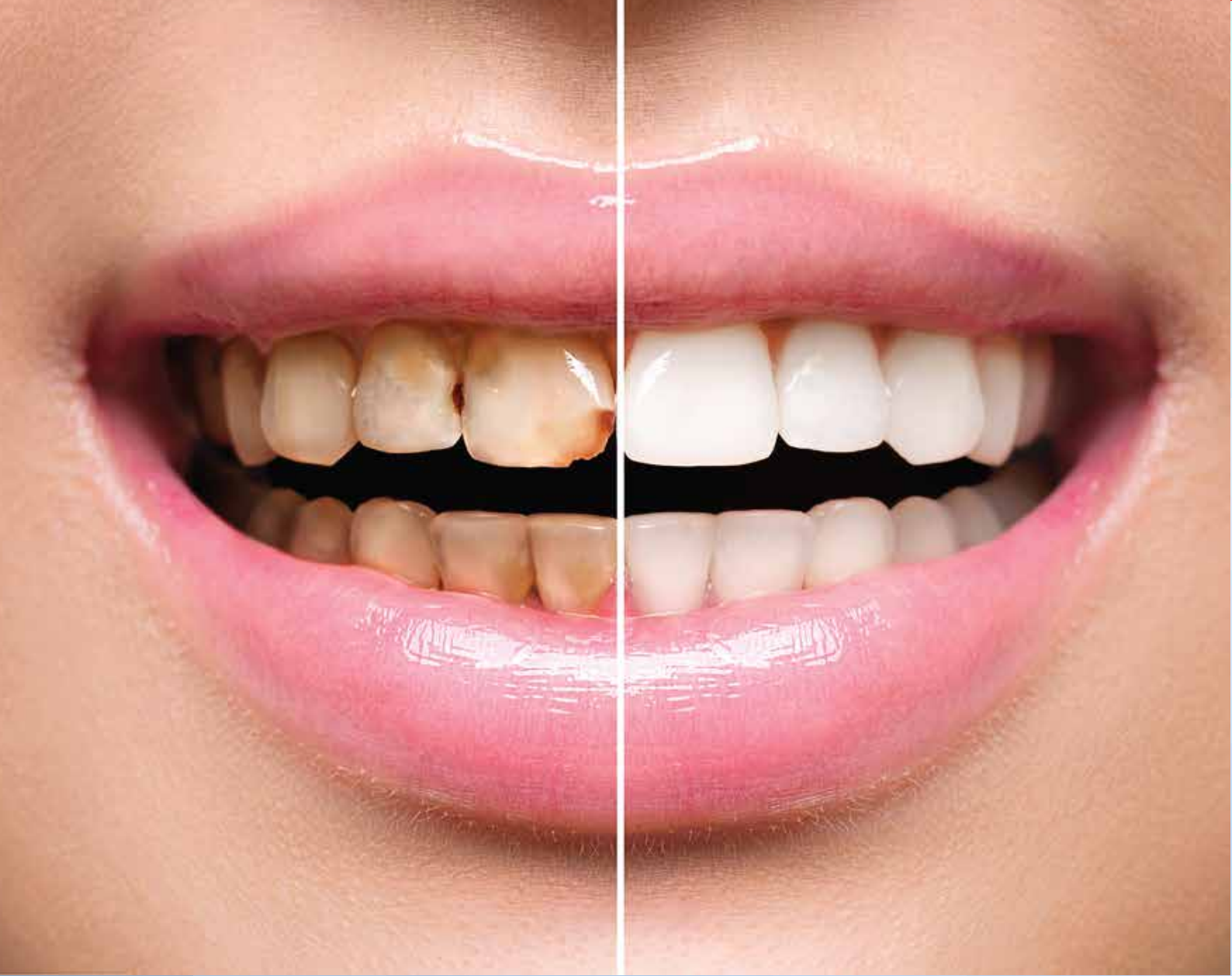
Aphthous ulcer



Stress induced
Oral lichen planus

Restorative Dentistry





What is it?

Restorative dentistry” is the term dental professionals use to explain how they replace missing or damaged teeth.

Fillings, crowns (“caps”), bridges and implants are common restorative options. The goal is to bring back your natural smile and prevent future oral health issues.

Crowns

A crown is a tooth-shaped cap that is placed over a tooth. It is used to strengthen and protect your tooth structure. Your dentist prepares the tooth, takes an impression and the crown is made in a lab by a specialist.



Bridges

A dental bridge "bridges" the gap where there are missing teeth. A bridge has a crown on each end as an anchor with an artificial tooth or teeth connecting the crowns and filling the space. A bridge can keep your other teeth from moving out of place. Once a bridge is placed, it works just like your natural teeth.



Root Canal Treatment Endodontics



Dental cavities when very painful are treated by an elaborate and deep debridement of the tooth and its roots. This procedure is called Root Canal Treatment. Our team At Rela Institute & Medical Centre, Root Canal Specialist (Endodontist) gives you the most painless Root Canal Treatment with recent technology like..

Apex Locator

An instrument which easily identifies the end of your root as a part of root canal treatment which was previously identified using x-rays



Endomotor

It is an instrument which is used to clean the roots of your teeth during root canal treatment which was previously done manually.



Paediatric Dentistry

Paediatric dentistry deals with oral health of infants, children and adolescents. At Rela Institute & Medical Centre, our paediatric specialists offer treatment like..

Fluoride application & Pit and fissure sealants

applied topically on the tooth surfaces to fight off dental cavities

Pulpectomy & Pulpotomy

Deep cleaning of large dental cavities in milk teeth. It is similar to the root canal treatment of a permanent tooth





Stainless steel & strip crowns

These crowns are given after the milk teeth are treated by pulpectomy and pulpotomy procedures. Stainless steel crowns are metal crowns given for back teeth and strip crowns are aesthetically pleasing, given for the front teeth.

Habit breaking appliances

Children who have the habit of thumb or digit sucking, mouth breathing may develop bunny like teeth. These habits can be stopped by these habit breaking appliances which are fixed into the mouth for a short time period till the child forgets the habit.



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