

FACT SHEET:

For New Zealand Cosmetic Teeth Whitening Association Registered Teeth Whitening Practitioners

Authorised by the New Zealand Cosmetic Teeth Whitening Association [NZCTWA] with the professional support of the Dentists, Chemists, Local Authorised Trainers and Global Teeth Whitening experts of NZCTWA Member Vendors including the World's foremost Teeth Whitening authority Beyond Dental and Health and its Dentist Founder Dr. Jenny Shen DDS, and Research Director Tara Erickson

A GUIDE TO CRACKED TEETH

Because people are living longer and dentists are helping keep teeth healthier, teeth are being exposed to years of crack inducing habits. Particularly, clenching, grinding, and chewing hard things can result in cracks and fractures in teeth.

When the outer hard tissues of a tooth are fractured or cracked, chewing can cause movement of the pieces and the pulp becomes irritated. Often this results in a momentary, sharp pain that eventually progresses to include thermal sensitivity.

In time the cracked or fractured tooth, similar to other teeth with pulp degeneration, can begin to hurt on it's own.

A fracture will probably not improve and will eventually need to be treated.

Teeth do have a limited ability to heal themselves. Unfortunately, fractured teeth do not heal themselves like other bones in your body.

The only real solution* to hold the tooth together and to prevent the tooth from breaking is with a crown.

A crown will allow chewing forces to move the whole tooth rather than splitting it apart.

This full crown is bonded over the entire tooth to seal all the small cracks and prevent bacterial leakage thus allowing the nerve to recover and stabilize.

Note: *About 10% of cracked teeth have nerves that can still die and need root canal treatment. Early treatment can help to minimize this from happening.

Hence, it is recommend that you advise your client to get their dentist to check any cracks (or loose fillings) noticed during whitening because such can cause sensitivity issues

If your client decides not to get treatment for this condition remind them that that tooth is like a ticking time bomb that will suddenly flare up and cause sever pain, swelling, pus and



possible bone loss that will put stress on their immune system and that may affect their overall health.

CRAZE LINES

Craze Lines are tiny 'surface' cracks that usually affect only the outer enamel of the tooth. They are common in all adult teeth and cause no pain. They often show up more under light during teeth whitening

Craze lines seldom need treatment. They usually do not extend into the dentin. Hence, these cracks are observed in most teeth and are considered normal, they are the result of "wear and tear" on teeth but may cause a higher risk of sensitivity.

