

10 Symptoms You Should Always Discuss with your Dentist



A small problem inside your mouth may not seem like a reason to worry, but it could be a sign of big trouble in the rest of your body. If you notice any of the following symptoms, talk with your dentist as soon as possible.

1 Inflamed or bleeding gums

Our gums tell us a lot about our oral and overall health. If your gums are irritated, this is likely a sign of periodontal (gum) disease, which in the presence of good oral hygiene can signal other diseases.

2 Loose teeth

Healthy teeth should be firmly implanted in the gums and not move at all. If you have teeth that are becoming loose in their sockets, you need to see a dentist immediately.

3 Persistent bad breath

Of course bad breath is embarrassing, but sometimes it's a signal that something serious is wrong. If your bad breath doesn't improve with proper brushing and flossing, it could be a sign of a larger problem.

4 White or red spots on the tongue that don't go away

Pay attention to what your tongue is telling you! If you notice any swelling or discoloration that doesn't heal on its own, you need to see your dentist.

5 Unexplained sores

Most people experience painful canker sores occasionally, many times as the result of stress or trauma to the mouth or gums. But if you see sores that don't look normal or don't heal on their own, this can be a sign of some diseases.

6 Dry mouth

Saliva is an important tool in the fight against tooth decay. Normal amounts of saliva help wash away food debris from teeth, but if you aren't producing enough, your teeth may be at a higher risk of decay.

7 Pain in the mouth or jaw that doesn't go away

There are many everyday reasons why you might have pain in your mouth or jaw, like sinus pain or teeth grinding, but pain that won't go away is your cue to take action.

8 Lumps on the neck or cheek

If you notice any unexplained lumps on your neck or cheek, it could be a sign of a very serious condition, like oral cancer. See your dentist as soon as possible and be prepared to discuss when you first noticed the lump and if it has changed in size.

9 Difficulty or pain when swallowing

This may happen at times because of a cold or sore throat, but if you notice a persistent problem that does not have an explanation, it is definitely time to talk to your dentist. Difficulty swallowing can be a sign of very serious diseases.

10 Difficulty wearing dentures

If your dentures suddenly don't fit the same way or are uncomfortable to wear, ask your dentist what could be going on with your gums. A sudden change in the way dentures fit can signal trouble.