

ORAL MUCOSA INJURIES

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Abstract: Constant biting of cheeks and lips can be a bad habit caused by stress. Sometimes these repetitive behaviors can be one of the symptoms of obsessive-compulsive disorder. In addition, bite problems often occur due to temporomandibular joint diseases and bite pathologies. A person can also injure the mucosa with a filling or a sharp edge of a tooth, if it is located outside the dental arch or its wells are excessively sharp due to individual anatomical features.

There are cases of asymptomatic disease. With a strong, aggressive bite, complaints of pain, burning in the mucous membrane and sometimes swelling appear. Since the mucous membrane is constantly provided with mechanical irritation, the production of more keratin in the epithelium is stimulated.

Key words: Thermal injuries from food, drinks, cigarettes, Chemical burns, Injuries during orthodontic and orthopedic treatment.

The affected area thickens, changes color - turns white. As a rule, the lesion is rough, with uneven edges. Affected lesions are often located symmetrically, for example, on the mucous membrane of the cheeks on the right and left sides, along the line of closing the teeth. With long-term bites and poor hygiene, bacteria (mainly staphylococci, streptococci) or, rarely, fungi of the *Candida* genus join the lesion. That is, common complications are bacterial traumatic wounds.

Injuries during orthodontic and orthopedic treatment

Most often, damage to the mucous membrane occurs within the first six months after fixation of the brace system. They appear on the cheeks, less often on the lips. Damages are detected in the contact area between the mucous membrane and brackets.

According to statistics, 80% of people have more or less pronounced malocclusions, and 37% of them require orthodontic treatment.

Additionally, some people experience gum damage when they brush incorrectly during orthodontic treatment. They begin to brush their teeth with strong horizontal movements, thereby damaging the gums. Since daily oral care becomes complicated during orthodontic treatment, the wounds increase the

risk of infection due to the addition of bacterial microflora. In severe cases, signs of injury include erosion and bleeding;

One of the complications during orthopedic treatment is prosthetic stomatitis. It mostly occurs in people over 60 years of age. At this age, many people suffer from dry mouth syndrome. Therefore, the treatment of traumatic stomatitis should be combined with measures aimed at improving salivation.

Symptoms of traumatic denture stomatitis:

pain (moderate or severe);

the presence of a lesion (erosion or ulcerative-erosive lesions);

hyperemia (redness - from pink to bright red);

swelling (can be absent, small or obvious).

Chemical burns

In the event of an incident - poisoning with household chemicals, consumption of acids or alkaline substances, acute pain immediately appears in the mucous membrane of the oral cavity. When large amounts of chemicals enter the oral cavity, swallowing function is almost always impaired and breathing may be difficult. Such an emergency requires immediate hospitalization and treatment at a burn center.

When the mucosa is exposed to acid, tissue necrosis is not as deep as when damaged by alkali. The severity of the damage depends on the chemical concentration, its size and the duration of exposure to the mucous membrane.

Chemical burns of the gums can occur during teeth whitening at home or at the dentist's office. This happens especially often when using gel based on high concentration of hydrogen peroxide. A bleaching burn looks like a limited area of gray mucosal necrosis. The pain is clearly expressed.

Thermal injuries from food, drinks, cigarettes

Damage can be acute - a single burn from hot milk or broth, or chronic - the habit of drinking almost boiling coffee or tea, or exposure to hot smoke while smoking. The main areas of damage are the lips, the tip of the tongue and the hard palate. Hyperemia and edema appear. And with severe damage, blisters are formed, which burst immediately, as in the case of the moist environment of the oral cavity. In the mouth, you can see reddened areas of the mucous membrane with white epithelial pieces along the edges. In the most severe lesions, necrotic (dead) tissue is observed, their color is gray or dark brown.

Oral hygiene products for traumatic lesions

Antibacterial and oxygen-containing foams

If there is severe pain in the damaged mucous membrane, it is impossible to brush the teeth. In this case, antibacterial foams will help. For example, foams from the Splat line with different flavors not only effectively remove plaque, but also help the oral cavity heal faster. Bloom oxygen spray is designed to care for damaged and inflamed gums. The active oxygen product is easy to use and does not stain tooth enamel, fillings and crowns.

Toothpastes

In order to prevent the development of complications during the treatment of damaged lesions, it is important to choose a paste that has an antibacterial effect. For example, Splat Special Zero Balance paste contains well over 99% natural ingredients. Buccotherm paste is suitable for pain and sensitivity of damaged gums. For prosthetic stomatitis, you can choose ROCS PRO moisturizing paste. This moisturizing paste helps fight dry mouth due to its ability to form a moisture-retaining layer in the mouth through the combination of potassium alginate and xylitol.

Toothbrushes

If the lesions of the oral mucosa are not severe and you can use a toothbrush, you should choose very soft options. Single beam brushes are suitable for injuries. They clean only the surfaces of the teeth without disturbing the gums.

Detergents

For traumatic injuries, especially burns, it is important to use rinses without strong antiseptics. You should pay attention to products from the Viscid line. Rinsing has an analgesic, restorative and anti-inflammatory effect. Zinc, which is part of it, helps to quickly restore taste sensitivity (in case of tongue burns) and accelerates the process of cell regeneration.

Gel Fagodent

Antibacterial gel is used to reduce the risk of bacterial infection and the development of ulcers. The composition contains only bacteriophages that fight against pathogenic microflora, while helping to restore the natural balance of oral microflora. For damage to the mucous membrane, Fagodent should be used several times a day, after each meal.

Diet for damage to the mucous membrane of the oral cavity

The main rule of the diet is to maintain the usual calorie intake while changing the form of food preparation. Important:

During the healing period of the mucous membrane, try to eat only liquid and soft foods - mashed soups, porridges, mousses.

Temporarily give up spicy spices and reduce the amount of salt consumed. In addition to further irritating the damaged tissues, salt reduces the rate of cell renewal.

Avoid juices and carbonated drinks. Fruit acids have a negative effect on damaged mucous membranes.

In traumatic injuries, the most important thing is to eliminate the factor that caused the injury. Only after that, the process of restoring the mucous membrane begins. Preventive measures include giving up bad habits such as biting the mucous membrane, contacting a dentist immediately if there is discomfort in the oral cavity, using a protective candle for braces during orthodontic treatment, trying not to eat very hot food and drinks. is to do.

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