

Dental Care & Oral Health

A healthy smile is more than cosmetic – it's a reflection of overall health. Poor oral hygiene is linked to heart disease, diabetes, and other systemic conditions. Yet, many people visit a dentist only when they have severe pain.

Common Dental & Oral Symptoms:

- Toothache or **sensitivity** to hot/cold food
- **Bleeding gums**, swelling, or bad breath
- **Cavities**, dark spots, or visible decay
- **Loose teeth** or discomfort while chewing
- **Jaw pain** or clicking sound when opening mouth

Self-Care & Prevention Tips:

- Brush twice daily with fluoride toothpaste
- Floss regularly to clean between teeth
- Limit sugary food & carbonated drinks
- Stay hydrated for healthy gums
- Schedule **dental check-ups every 6 months**

When to See a Dentist Immediately:

- Severe toothache not relieved by home remedies
- Bleeding or swollen gums persisting more than a week
- Broken tooth or sudden trauma to the mouth
- Persistent **mouth ulcers or white patches**

The Dental Department at **Life Care Institute of Head & Neck Sciences** provides complete oral care – from preventive check-ups to advanced treatments – ensuring every patient enjoys long-lasting oral health.