

LOOSE TOOTH

A loose tooth is one which moves or wiggles in the mouth. As a natural stage of dental development, children have loose baby teeth when their adult teeth are growing in. A loose tooth in an adult is not normal and indicates a problem exists.

Frequently Asked Questions

1. **What causes a loose tooth?**

A loose tooth can be caused by the loss of bone around the tooth ("periodontal disease"), a broken root of the tooth (trauma) or a widened space between the root and the bone that the tooth sits in (infection or long term stress).

2. **Who is at high risk for a Loose Tooth?**

Some people are more susceptible than others to having a loose tooth.

The people at high risk for having a loose tooth are those with:

- advanced periodontal disease
- an unbalanced bite
- excessive bite forces
- traumatic injuries to teeth
- infections around teeth

3. **What can I do to minimize my risk of a loose tooth in the future?**

Your dentist will make recommendations to manage the specific loose tooth risk factors that apply to you.

Here are some things that may be recommended:

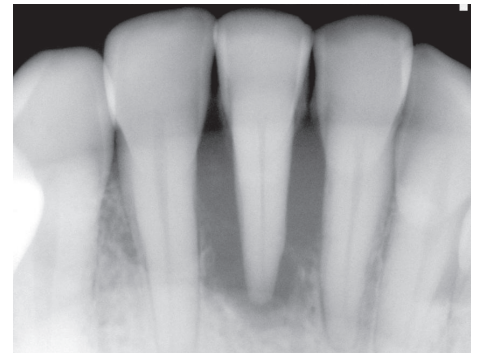
- periodontal management procedures
- "equilibrating" or balancing your bite
- wearing a nightguard
- wearing a sports guard
- treating any infections associated with your teeth

4. **What will happen if I choose to do nothing about my loose tooth?**

Most often a loose tooth will become progressively looser and eventually fall out. This process is frequently accompanied by pain and infection.



Perio involved recession



"Floating" tooth



Flared tooth