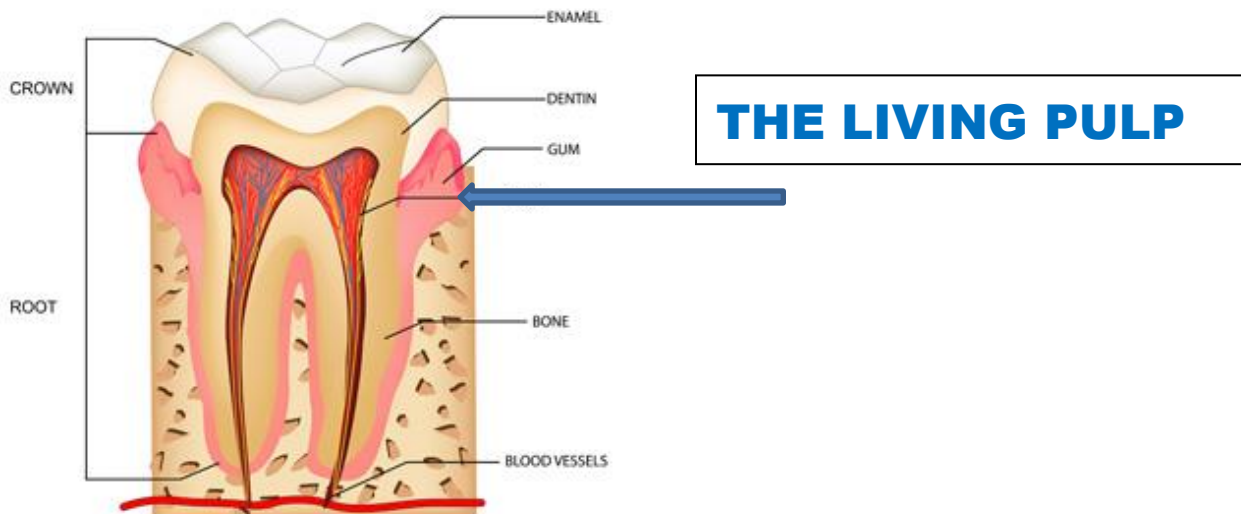


Greg Tarantola DDS

Components Of The Holistic Approach To Dentistry

KEEPING THE TOOTH PULP HEALTHY



The pulp is blood vessels and nerves. It is what nourishes the tooth (via supplements and diet). Studies done over 50 years ago have shown that the nutrients we ingest from food and supplements get to the pulp of the tooth in 1 hour!! Vitamin K2 has been shown to help strengthen teeth and bones. The pulp also gives the tooth its sensation. Like any living tissue, it can be traumatized and become necrotic. That is why dental procedures need to be kind and conservative.

Since it is living tissue it needs to be treated with respect to avoid root canals. The pulp vitality can be challenged by cavities, trauma and by how the tooth is restored. Crowns can be very aggressive treatment that can stress and sometimes damage the pulp. That is why we always restore the tooth with the most conservative restoration possible – a direct bonded composite restoration or an onlay.

Cavities must be removed very carefully. Once removed, the remaining tooth structure is treated with ozone to kill any remaining bacteria, low level laser to decrease inflammation and stimulate reparative, and calcium phosphate to nourish the pulp. The tooth is then carefully and meticulously restored. All this is done with a special mouthpiece that isolates the tooth

from saliva and bacteria. The tooth is kept as clean as possible for the entire procedure. Paying meticulous attention to all the details assures results that are predictable and long-lasting.

If the pulp becomes inflamed (pulpitis) it can be overly sensitive and even painful. We try to determine if it is reversible or irreversible. If the tooth is sensitive to cold and stops right away, that's normal. If it lingers for some time, that means there's more advanced inflammation. Hot sensitivity that lingers is even more. A tooth that hurts by itself may be irreversible inflammation. Low level laser therapy (LLLT, cold laser, red light laser) can decrease inflammation and stimulate healing...if it is reversible inflammation.