

# Dentistry and the Pandemic

## COVID-19 and Teeth

### Pandemic stress is taking a toll on our mouths!

We are seeing an increase in pain from clenching and grinding, cracked teeth and cavities from all of the delicious baking.



The pandemic has radically changed our day to day lives and we are all striving to cope with the changes. We've seen families that have started baking almost everyday, healthcare providers wearing respirators that can cause muscle spasms in the head and neck, and untreated night time clenching and grinding causing some of us to wake up with chipped and broken teeth. In addition to all of these mouth issues, all of us are trying to limit our exposure to COVID-19 and therefore some urgent dental issues are receiving delayed treatment. The Fells Point Dental team is very proud that we have had no transmission in the office and strive every day to make visits to the office as safe as possible. We find that dental problems are easiest to treat preventatively or early, frequently cavities can be treated with fillings in their early stages and grinding treated preventatively with a night guards prevents the need for crowns and implants. We want you to know that we are here for you and striving every day to keep your visits safe!

Check out NPR's Audio clip on pandemic tooth problems here:  
<https://www.npr.org/2020/09/17/914103068/doctors-see-an-uptick-in-teeth-issues-during-the-pandemic>

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**CLENCHING AND GRINDING**

From Stress

2

**FRACTURED TEETH**

From Stress and delayed visits

3

**CAVITIES**

From mitigating stress with extra sweets



### Night Guards

A protective device that puts a layer of hard acrylic between the upper and lower teeth to prevent wear and tear at night.



### Dental Crowns

Crowns are used to restore a tooth with severe damage back to normal function by replacing the enamel with porcelain. These are frequently the best way to repair fractures or large cavities.