

# 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 an existing problem.

## 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).



Periodontally involved recession

### 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



“Floating” tooth

### 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 night guard
- Wearing a sports guard
- Treating any infections associated with your teeth



Flared tooth

### 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.