

Things We Hear in the Chair

Eight things people tell us about their teeth, and what's actually true. Ask us about any of them today.

“If it doesn't hurt, it's fine.”

WHAT'S ACTUALLY TRUE

A tooth can die without much pain. One that hurt for a week and then went quiet usually hasn't healed: often the nerve has finished dying. A tooth that turns gray may never hurt at all, and it still needs checking.

lasvegasdentistry.com/articles/signs-you-need-a-root-canal

“Bleeding gums are normal.”

WHAT'S ACTUALLY TRUE

Bleeding almost always means gingivitis, the gum edge inflamed by plaque and tartar. Clean that edge well every day and it usually starts improving within days. Keep brushing and flossing the spots that bleed. Avoiding them keeps them bleeding.

lasvegasdentistry.com/articles/bleeding-gums

“Mouthwash cleans your mouth.”

WHAT'S ACTUALLY TRUE

A fresh-feeling mouth isn't a clean one. A rinse can hide the taste and smell while gum inflammation carries on underneath. It's the last step after brushing and flossing, never a substitute for them, or for having tartar removed.

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“Root canals make you sick.”

WHAT'S ACTUALLY TRUE

The idea comes from a theory popular in the early 1900s, and better studies since have not confirmed it. Most root canals do fine for decades. Some never fully heal, so the useful question isn't whether root canals are bad. It's whether yours healed.

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“My parents had false teeth, so I will too.”

WHAT'S ACTUALLY TRUE

Tooth loss runs in families, but mostly not through genes. Teeth are lost three ways: gum disease, decay, or wearing them out. How those are handled, starting early, matters far more than whose kid you are.

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“I'm too old for dental work.”

WHAT'S ACTUALLY TRUE

That's almost never true on the day someone first says it. The real question is whether your teeth will last as long as you do. It's the same question we ask a 55-year-old.

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“Brushing harder gets them cleaner.”

WHAT'S ACTUALLY TRUE

A stiff brush, heavy pressure and an abrasive toothpaste (whitening pastes included) can scrub away the root at the gum line and leave a notch. A soft brush and a lighter hand do the job.

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“My jaw clicks, but it doesn't hurt, so it's nothing.”

WHAT'S ACTUALLY TRUE

Even a click that doesn't hurt is worth an exam. And if a click stops, that isn't always good news: it can mean the disc no longer slips back into place, and over time the joint can start to wear.

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