

Dental Grillz Might Bring Glitz But Could Tarnish Smile

(NAPSA)—Grillz or “fronts” may bring a lot of bling to one’s mouth, but the American Dental Association (ADA) says wearers should take notice that they also might be bringing an increased risk of tarnishing the health of their teeth and gums.

There is no doubt that teeth with bling project style to some, but grill wearers should be very careful about making a fashion statement with tooth adornments, cautions Matt Messina, D.D.S., American Dental Association consumer advisor.

Dr. Messina, who practices dentistry in the Cleveland area, says removable grillz fit over the teeth and snap into place. They’re often made of gold, silver or jewel-encrusted precious metals and may range in cost from \$20 to thousands of dollars.

“They bring with them potential problems such as irritation of gum tissue that can cause infection from food and other debris trapped under the grill,” he explains. “We’re also looking at a haven for bacteria to collect and produce tooth-decay-causing acid, possible chipped teeth and even shifting of the teeth.”

Dr. Messina also says that there is the potential for grillz to irritate surrounding oral tissues and to wear the enamel away on the opposing teeth.

Wearers should be especially careful to brush and floss to help

prevent potential problems, limit the amount of time spent wearing the grillz and remove them before eating. Clean the grillz daily to remove plaque bacteria and food debris, and avoid using jewelry cleaners or any products that are dangerous to ingest.

Dr. Messina also cautions that some jewelers and other “grill vendors” might not know that, in some states, taking an impression of someone’s mouth is practicing dentistry, which requires a license.

“Grillz might be trendy for the moment, but ‘pearly whites’ will never go out of style,” he adds.

For more information about grillz and other dental topics, visit www.ada.org.

The not-for-profit ADA is the nation’s largest dental association, representing more than 153,000 members. The premier source of oral health information, the ADA has advocated for the public’s health and promoted the art and science of dentistry since 1859. The ADA’s state-of-the-art research facilities develop and test dental products and materials that have advanced the practice of dentistry and made the patient experience more positive. The ADA Seal of Acceptance has long been a valuable and respected guide to consumer and professional products. For more information about the ADA, visit the Association’s Web site at www.ada.org.