

Tonsils & Dentistry

November, 2021

UNITED CONCORDIA® DENTAL

Protecting More Than Just Your Smile®

Tonsilitis

1. We all know what it is
2. Acute Tonsilitis
3. Chronic Tonsilitis



Discussion Points:

Chronic Tonsillitis and its Adverse effects on:

- Breathing
- Teeth
- Hearing
- Social interactions

Role of the dentist

- Evaluation
- Diagnosis
- Referral

Effects on teeth and mouth

Mouth breathing is one of the predominant signs and results of chronic tonsillitis

It can cause or contribute to:

➤ Orthodontic Issues

- *Anterior open bite (Front teeth open)*
- *Narrowing of Arches of the Maxilla*
- *Pain on swallowing (tongue pressure) is another source of adverse bite and alignment issues.*



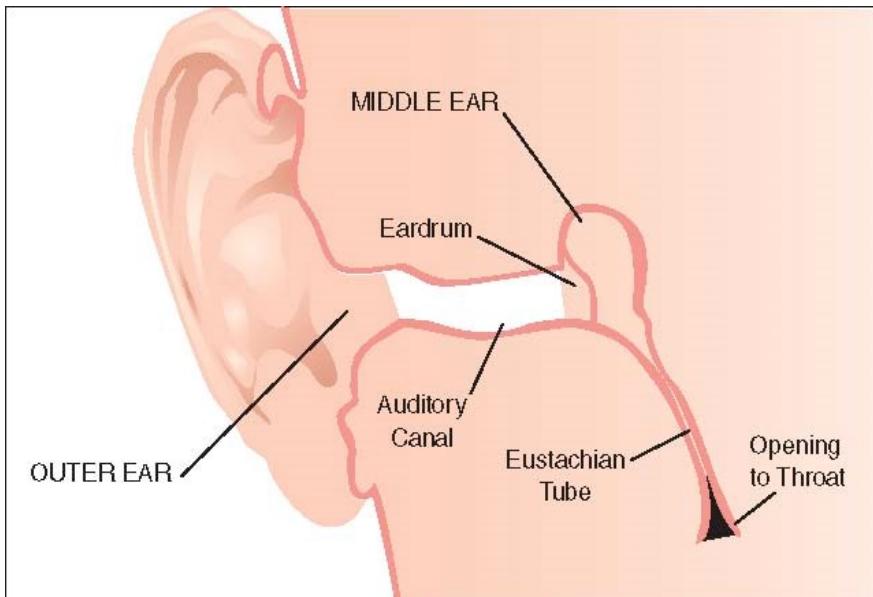
➤ Dry mouth

- Plaque, gingivitis



Effects on Hearing?

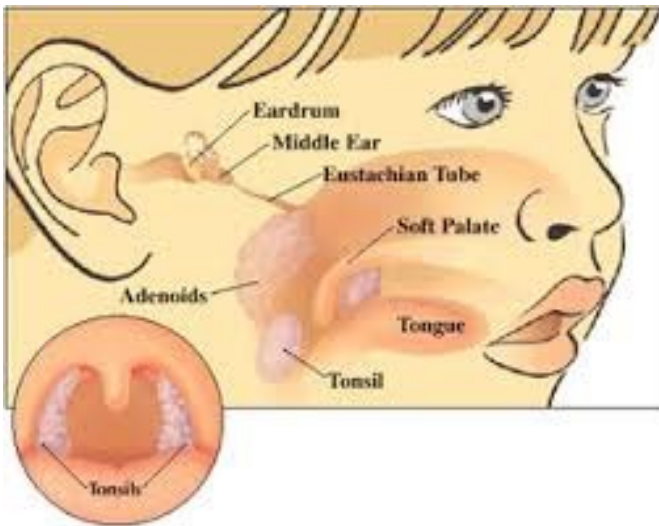
- Yes, Chronic Tonsilitis in children has been shown to affect a child's hearing. Chronic inflammation and blockage, the "clogged" feeling of ears, and sometimes even permanent reduction in hearing



- Children and young adults with chronic tonsillitis often suffer from frequent ear infections.
- The ear is connected to the throat, and bacteria can migrate up and down that connection.
 - That is why we can "pop" our ears when elevation changes by opening our mouths or blowing air in our noses when scuba diving.

Effects on Social Interactions:

Bad breath (plaque and tonsils)



Snoring (airway obstructed)

Puffy and red gums (“unpleasant” smile)



Dentists & Pediatric Dentists Can help:

- Review of Medical History& dental history
- Evaluation—tissues, teeth, gums, and occlusion (bite)
- Prescriptions--Mouth Rinses, etc.
- Referral—Orthodontist, ENT, Pediatrician

❖ *Airway obstruction plays an important role in the success and retention of orthodontic treatment. If not treated, it often leads to failure, or a “relapse” of an orthodontic treatment*

Orthodontists:

- Review of Dental and medical history
- Evaluation—airways, bite and alignment of teeth
- Referral—as needed prior to start of, or during orthodontic treatment

Pediatricians:

- Evaluation + Medical history---Chronic vs Acute
- Cultures and tests: Viral, Bacterial
- Medications
- Referral

Ear, Nose and Throat (ENT) physicians:

- Surgical intervention: Tonsillectomy

Important to note: decisions made for treatment, and the type/s of procedures recommended to treat tonsillitis is unique to each individual, and have to be based on proper evaluation of the condition, and pros and cons of any recommended course of action. A collaboration between professionals from different disciplines (dentist, ENT, orthodontist) is invaluable.