

What Are The Signs That Your Teeth Aren't Healthy?

Every one of us desires a healthy and sparkling smile, but it is not constantly easy to tell when our teeth are struggling. Dental decay, gum infection, and cavities can declare themselves in a few unreliable ways. Visit the [family dentist near me](#) for a routine check-up or if you feel any distress in your teeth or gums.

So, let's reveal the symptoms that show your teeth aren't as healthy as you think they are:

1. Bad breath - Though it's common to undergo periods of bad breath once in a while, persistently bad breath might indicate something is wrong in your mouth. Bad breath can be a warning indication of gum infection. Improper brushing and flossing can reach the development of plaque and bacteria on the teeth and gums creating swelling and bleeding of the gums. Bad breath can additionally be caused by stomach problems, so it's worth a trip to the **dentist near me** if you notice your bad breath isn't going off.



2. White tongue - Your tongue can convert in various colors depending on what you have freshly consumed but if you notice that your tongue usually looks white and covered, you might require immediate action from the best **emergency dentist near me**.
3. Food stuck in your teeth - If you see yourself constantly fishing food out of your smile, it might be a sign of a developing cavity. If you are flossing and brushing like

normal but sense that there is continuous food stuck between your teeth, this could be a symptom of a hidden decay within teeth that you can't recognize from the surface. Be sure to take it to your **DDS near me**.

4. Bleeding of gums during brushing or flossing - If you've been seeing a little blood in your toothbrush or saliva after brushing or flossing, it could be a sign that your gums are in trouble. Infected gums bleed upon a slight touch, even with a toothbrush. Strong gums do not bleed upon a light touch. Redness and inflammation are also symptoms of gum infection or swelling. Head to the **emergency dentist near me** if your gums are inflamed or you see bleeding without an evident cause.



5. White patches on the teeth - White spots on your teeth could be one of the first symbols of an approaching cavity. Tooth decay is usually in regions that you can't see, like the back of teeth or between teeth, so it's difficult to spot with the bare eye. That's why scheduling regular dental appointments with **dental care center NYC** is so important.
6. Tooth getting dark - Sometimes dental obstacles can be observed rather than felt. When one tooth begins to seem darker than the neighboring teeth, it might symbolize a nerve difficulty. Visit the **nearest dental clinic NYC**.
7. Delaying discomfort - With strong teeth, you should not feel any discomfort when brushing, flossing, or eating. Discomfort while eating or swallowing can symbolize you have supported a temporary tooth injury or more serious damage. However, any tooth pain that does not go off after a week could be a symptom of severe concern, such as a broken tooth, which might require immediate attention from an [orthodontist near me](#).

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