Supernumerary teeth (case report)

Supernumerary teeth is the condition of having teeth that appear in addition to the regular number of teeth. Supernumeraries embarrasses the eruption of teeth at their normal chronological age and this needs surgical intervention. A 17-year-old male was referred from the orthodontist to extract a supernumerary tooth in the upper anterior region. The tooth was located palatal, there was no need to raise a flap although the tooth was not palpable palatally.

Dr. Nidaa Ebrahim
Dental Consultant
How to choose a toothbrush?

- **Medium texture hair made of nylon laminated in two to four rows**
- **Long and wide handle**
- **Flexible neck**
- **Round head without sharp edges**

Dr. Yousef Mirza
Dental Consultant

Bad habits should be avoided!

Meticulous home dental and oral care is essential. In some instances, people can perform different involuntary habits that can cause severe devastation to the dentition without knowing it, such as:

- **Bruxism and night clenching** can be subconsciously caused by patient’s biting hard on his/her teeth, eventually causing tooth wear.

![Bruxism and night clenching](image)

- **Eating rubber candies** can stick to teeth and contain high sugar which may lead to dental decay.

![Eating rubber candies](image)

- **Biting a hard shells of the nuts** can cause cracks.

![Biting a hard shells of the nuts](image)

- **Smoking** has a huge negative effect on gums and teeth. It can increase the risk of having oral cancer.

![Smoking](image)

You are advised to see your dentist for consultation and proper management.

Dr. Fatema Hasan Al-Sulaiti
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