



PRESS RELEASE

The Sacramento Dentistry Group Discusses Mouth Pain

What Causes a Sore Mouth?

Sacramento, CA — August 23, 2017 — There are many reasons why a patient may have a sore mouth. Nearly every day, people visit the office of the Sacramento Dentistry Group with some type of pain or toothache. Such soreness is almost always an indication of a dysfunction or disease that should be treated as soon as possible. Ignoring soreness in the hopes that it will heal on its own, or simply taking painkillers to treat it, is a dangerous course of action, especially if the pain has lasted more than two weeks. In some cases, such as toothache, the soreness should be diagnosed immediately.

Common Causes of Mouth Soreness

Oral Lesions — Soreness can literally be caused by sores, more appropriately called lesions. For some patients, this is a recurring problem. [Laser treatment](#) can prevent these lesions, if dealt with before they erupt, or shorten their duration. Therefore, immediate treatment is recommended.

Temporomandibular Joint Disorders — The mouth opens and closes due to the [temporomandibular joints](#). If these are injured, damaged or suffering from arthritis, pain is the result. Various levels of treatment are available, depending on the severity of the dysfunction.

Gum Disease and Tooth Decay — Bacterial infection of the gums leads to tissue irritation and that can cause pain during chewing. If [gum disease](#) leads to gum recession and exposed roots, pain is common when the roots are exposed to hot, cold, spicy or acidic foods and drinks. Infected teeth are almost always painful and should be dealt with immediately. Ignoring a toothache can lead to fatal blood infections.

Oral Cysts and Cancers — Both [cysts](#) and [tumors](#) dislodge the tissues surrounding them. While it is possible for both to occur without pain, any sign of soreness in the jaw without a known cause could come from either of these “foreign” objects. The sooner these disorders are dealt with, the less damage they cause.

Impacted Teeth — The wisdom teeth, a patient’s third molars, often fail to erupt properly and then become impacted. With regular dental exams, it is possible to catch this problem before it occurs. X-rays reveal wisdom teeth that do not have enough space to grow properly. In that case, early [removal](#) prevents damage to neighboring teeth or crowded teeth along the arch.

For assistance with any and all of these causes of mouth pain, the Sacramento Dentistry Group has experienced dentists readily available. For more information or an appointment, they can be contacted [online](#) or at 916-538-6900.