

## Cracked teeth

Accidents can happen at any time, and cracking a tooth can happen more easily than you might realise! In fact, you may not even notice it's cracked until much later. If you're concerned about any aspects of your teeth, we're here to help. Read on to find out more!



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# Cracked teeth

Cracking a tooth is a common dental injury but you may not even notice it when it happens. You may only realise later when you feel pain. Here's what you need to know about cracked teeth in order to help protect your smile and your oral health.

## What are the signs of cracked teeth?

A cracked tooth isn't always immediately obvious, and sometimes you can't even see the crack.

Signs and symptoms of a cracked tooth can include:

- a sharp pain when biting into food (it can disappear quickly!)
- a pain in your teeth that comes and goes without warning
- sensitivity to cool air on your teeth
- pain when eating or drinking, especially things that are very hot or cold
- last, but not least, a visible crack in your tooth!

## What causes cracking in teeth?

Some cracks happen easily. Common causes of cracking can include:

- chewing or biting down on hard objects
- an accident or fall, especially when playing sport
- large fillings that change your bite
- grinding or clenching your teeth
- your teeth wearing down over time

## Is it possible for teeth to be cracked even if there's no pain?

Some cracks can be quite small when they happen. They can be so small that a dental x-ray may not detect them, and there may not be any pain at first, but many people are likely to experience some pain in the long run. This could be because the crack is deteriorating under pressure over time.

It's important to visit your dentist as soon as possible to help prevent further damage.



**Treating cracked teeth depends on a range of factors, including the location of the affected tooth, the depth of the crack and your symptoms.**

## How can cracked teeth be treated?

We'll chat to you about the type of treatment best suited to your needs. Some possible options may include:

- a filling to repair the tooth and possibly enhance its appearance
- buffing if it's only a minor crack
- a dental crown to protect it from further damage
- tooth extraction
- root canal treatment

## Are cracked front teeth and cracked molars treated differently?

Cracks tend to happen more frequently in molars, as they take the most pressure when chewing. Front teeth are more noticeable, so your dentist may recommend treatments such as bonding, a crown, or tooth extraction followed by dental implants to help maintain their usual appearance.

All these options can apply to molar cracks too. However, cracks in these teeth are usually less noticeable and aesthetics may be of lesser concern.