

Tea Tree Oil: How It Can Help Your Dental Health

By Taru Nieminen March 16, 2017

They Come in Threes

Recently, my family has been hit with an array of dental health issues.

First, I noticed I had a budding cavity (yikes!) in my lower back tooth. Yep, the very last molar, the one that my dentist has always recommended me to pay close attention to.

Regardless of my attention to my back teeth, there it was- a small black dot.

I was devastated.

I hate going to the dentist.

Ok, I'll take that back. I don't mind it if I'm just going in for the check up and cleaning.

Those two are just fine. I come out with a shiny row of gleaming teeth!

But when I know there's a problem. Yuck. I become a two-year old with a tantrum playing in my head.

Tea Tree Dental Chewing Sticks

About a year ago, a friend of mine gave me some tea tree oil chewing sticks. (Yup- they exist.)

I knew that tea tree oil is a good antiseptic, anti-inflammatory, and overall cleaning agent. (Word of warning: you're not supposed to ingest it- especially in large amounts!)

I took one of the sticks and started to work on the black spot. And lo and behold — the black stuff gunk to the end of the stick! I had to do a double-take! But it was true. Wow.

Now, the entire black (albeit small) did not come away. But I worked on it every day, and it's getting smaller every day!

I was so happy. I might not have to go under the drill after all.

Tea tree oil to the rescue!

Second, my son's girlfriend thought she had lost a filling.

Nothing too crazy about that, but when she called her dentist, she found out the tooth had never had a filling. Her tooth pain was her wisdom tooth pressing on the next molar.

After applying small (very small) amounts of tea tree oil to the affected area, her pain was virtually gone.

We continued with the application and in a few days, the inflammation had completely subsided.

Pugs, Phones, And Dental Work

Ok, last one! Isn't it interesting that the "they come in threes" really does happen... and as long as it's nothing serious, you kind of just laugh it off.

Anyway- my daughter was using her phone to record her husband being silly. As she was recording, her pug ran at her and her phone slammed onto her teeth. True story.

She felt as her whole mouth was full of glass from her phone. Scary thought.

Luckily (I don't know if that's really the correct word), when she started picking up the pieces from her mouth, it was pieces of her tooth instead.

Again- tea tree to the rescue to prevent inflammation and soothe the tooth that was chipped. Yes, this time very luckily, there was only a small piece of her front tooth that had chipped off.

Now I don't know if I can handle any more tooth stories this week, I'm good with the "it comes in threes" and call this tooth story good and done.

Have you ever had something like this happen? Three in a row health issues? What's your tooth story?