



## ***Decayed tooth: literature review on methods of eliminating dental caries.***

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### *REVISÃO DE LITERATURA*

#### ABSTRACT

The treatment to eliminate caries is usually done through a restoration, which is carried out by the dentist and consists of removing the caries and all the infected tissue, and then covering the tooth with a substance that can be composite resin, ceramic or amalgam. Currently, there are 3 ways to carry out this treatment: with anesthesia and a drill, to scrape off all the caries, with a laser or with a gel called Papacárie, which manages to soften the caries and eliminate all the injured tissue, in a simple, quick and hassle-free way. pain, being an excellent option for those who are afraid of going to the dentist.

**Keywords:** Dental Caries, Treatment, Dentistry, Dental Restoration.

## ***Dente cariado: revisão de literatura sobre métodos de eliminação da cárie dentária.***

### **RESUMO**

O tratamento para eliminar a cárie geralmente é feito por meio de uma restauração, que é realizada pelo dentista e consiste na remoção da cárie e de todo o tecido infectado, para depois cobrir o dente com uma substância que pode ser resina composta, cerâmica ou amálgama. Atualmente, existem 3 formas de realizar esse tratamento: com anestesia e broca, para raspar toda a cárie, com laser ou com um gel chamado Papacárie, que consegue amolecer a cárie e eliminar todo o tecido lesado, de forma simples, rápida e descomplicada. dor, sendo uma excelente opção para quem tem medo de ir ao dentista.

**Palavras-chave:** Cárie Dentária, Tratamento, Odontologia, Odontologia, Restauração Dentária.

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## **INTRODUÇÃO**

The treatment to eliminate caries is usually done through a restoration, which is carried out by the dentist and consists of removing the caries and all the infected tissue, and then covering the tooth with a substance that can be composite resin, ceramic or amalgam. Currently, there are 3 ways to carry out this treatment: with anesthesia and a drill, to scrape off all the caries, with a laser or with a gel called Papacárie, which manages to soften the caries and eliminate all the injured tissue, in a simple, quick and hassle-free way. pain, being an excellent option for those who are afraid of going to the dentist.<sup>1</sup>

However, in cases where the cavity is very deep and reaches the pulp of the tooth, it may be necessary to perform a canal treatment, which is more invasive and requires more sessions at the dentist.<sup>2</sup>

### **When to do the treatment**

The restoration of the tooth is carried out by the dentist, after diagnosing the tooth and detecting the presence of a cavity.

A person may suspect that he has a cavity in his tooth if he feels pain, sensitivity to cold or heat, or if he observes that there is a small hole, a black spot or a dark spot on the tooth and, to confirm it, you need to go to the dentist.<sup>3</sup>

To make the diagnosis, the dentist can observe the teeth with a small mirror and some pointed instruments, to check if there is local pain and it may also be necessary to take an X-ray to assess the health of the gums and the root of the teeth.<sup>4</sup>

### **How is the restoration of the tooth with caries done**

To make the restoration, the dentist:

- 1- Administers anesthesia, depending on the case;
- 2- Remove the part of the tooth that is damaged, with the help of a dental drill, laser or papacari gel;
- 3- Clean the decayed tooth with a small curette (if you use the gel) or scrape the area with the little motor;
- 4- Put resin to fill the hole;



5- Sand the resin to adjust the height of the tooth.<sup>5</sup>

Currently, the restoration is made with resin, which is a white, tooth-colored material that is virtually unnoticeable and safer than older restorations. These were made with a gray substance called amalgam, which contained mercury in its composition and, therefore, has no longer been used.

When the tooth is very affected, and the lesions are deeper and reach the pulp of the tooth, it may be necessary to resort to root canal treatment, also known as filling, which is a more expensive and prolonged treatment, as it requires several sessions and needs also a restoration at the end.<sup>5</sup>

### **What can you feel after the treatment?**

If the treatment is carried out with Papacárie gel, there is no need for anesthesia and, therefore, the person leaves the office without feeling discomfort. However, if the dentist opts for anesthesia and the use of a drill, the effect of the anesthesia may last for a few hours and the person should feel numb in the mouth, with tingling and have difficulty speaking and eating.<sup>6</sup>

### **Why is it important to remove caries**

It is important to have the tooth restored whenever the tooth is decayed, because the decay can spread to other teeth and also to other people through kissing and sharing cups and cutlery, for example.

In addition, caries increases in size and can allow the installation of viruses, bacteria and foods that can aggravate the situation, even favoring the need for other treatments such as root canal treatment, also known as filling, or even removal. of the tooth. If the person loses the tooth, it is necessary to put a prosthesis in place or use a denture.<sup>6</sup>

### **Can a pregnant woman treat tooth decay at the dentist?**

Pregnant women are at a higher risk of developing gingivitis and cavities due to the hormonal changes that are common in this phase and, therefore, it is important to go to the dentist at least twice during pregnancy, to assess oral health in order to treat any cavities before they occur. complications.

Dental treatments during pregnancy can be carried out in any trimester, however it



is recommended that, whenever possible, they be carried out in the second trimester, especially if it is the case of treatment for cavities or other treatments that require anesthesia or that directly affect the gum. This is because it is in the first trimester that the highest rate of organ formation occurs in the baby and, therefore, dentists save these types of treatments for the most emergency cases during this period.

Already in the third trimester, there is a greater risk of side effects, such as a sharp decrease in blood pressure, as the baby is larger and may end up putting pressure on the pregnant organs. During this period, if any type of treatment is necessary, the dentist should avoid taking long treatment sessions.

In the case of papacarie gel, the treatment can be carried out in any trimester of pregnancy.<sup>7</sup>

### **How to treat caries without anesthesia and without pain**

An excellent way to eliminate caries is to use the gel called Papacárie, which is made from papain, found in papaya, which completely removes tooth decay without needing anesthesia, nor using the drill to scrape the tooth.

This treatment with Papacárie gel must also be carried out at the dentist's office, because it must be applied inside the decayed tooth, and must act for about 1 minute. Next, the site must be carefully cleaned by the dentist, using a manual instrument called a curette, which removes the cavity and the injured tissue, without any pain or discomfort. Next, the dentist should cover the tooth with a 'little putty' of resin so that it appears in its original form.

This new treatment for cavities with Papacárie gel is excellent for treating children and the elderly, who have more difficulty with the treatment commonly performed by the dentist, but it can be used at all ages, including pregnancy.<sup>9</sup>

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