



Bobby Jivnani Plano Dental Publishes New Article About Tonsil Stones

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Bobby Jivnani Plano Dental, a Texas dental practice, has released a brand new article on its website that discusses the science behind tonsil stones. The article delves into topics such as what exactly are tonsil stones, how to tell if one is suffering from them, and finally what actions one can take to get rid of them.

Tonsil stones are calcified masses of plaque, food debris, and bacteria that form in the crevices of the tonsils. The tonsils are a system of lymphoid organs that consist of many parts. However, when speaking about tonsils in common parlance, most are generally referring to the palatine tonsils which are situated at either side of the back of the human throat.

The condition of tonsil stones is scientifically known as Chronic Caseous Tonsillitis (CCT). Up to 10% of all people are estimated to suffer from tonsil stones and older people are more commonly affected by them. They may or may not impede regular functioning and thus may not need surgical treatment. Tonsil stones might even be removed by gargling soft water or they can be simply removed manually.

The article goes on to describe tonsil stones as a feeling of something lumpy stuck in one's throat. One

should also be on the lookout for bad breath (or halitosis) as it is also a clear indication that one might be suffering from tonsil stones. In some cases, when the tonsil stones are large, they may cause infections and inflammation, resulting in a sore throat.

If someone is suffering from them, there are a few recommendations in the article that they can follow. The first suggestion is to gargle with an alcohol-free mouthwash. It can mitigate the bad breath that usually follows tonsillitis. The next suggestion is manual removal. The patient is advised to practice a coughing and retching movement to force the tonsil stones out of their crypts. This may be enough to dislodge stones that are weakly adhered to the walls of the throat.

The next suggestion in the article is for patients who are suffering from tonsil stones that have been lodged pretty deep in the tonsil crypts. The advice is to gently push out the tonsil stones with a cotton swab. This should be effective on the hardest, more adamant tonsil stones. This technique is recommended to be carried out only by a professional.

Another technique that might prove effective is the use of over-the-counter antibiotics and natural disinfectants like apple cider vinegar and honey. Since tonsil stones are caused by bacteria, these agents might help in clearing out the root cause of the tonsil stone problem.

Finally, the article concludes by saying that though steps can be taken to remove tonsil stones, the best cure is prevention. Since poor hygiene is the biggest culprit, common-sense solutions like brushing twice a day, flossing, and gargling regularly will go a long way to prevent them from forming in the first place.

Bobby Jivnani Dental Clinic performs many critical services for all kinds of dental issues. It offers restorative dentistry services such as bonding, bridges, crowns, implants, dentures, prosthodontics, endodontic therapy, and oral and maxillofacial surgery. The clinic also offers cosmetic dentistry services such as teeth whitening, Philips Zoom, Invisalign, Invisalign Teen, and veneers. The clinic also provides general dentistry services such as digital X-rays, laser dentistry, gum disease, iTero Digital Impression System, extractions, sedation dentistry, and TMJ-TMD treatments.

Dr. Bobby Jivnani, DDS is a graduate from the University of Dallas with a Bachelor of Science in biology and a Bachelor of Arts in economics. He attended Baylor College of Dentistry and graduated with a Doctorate of Dental Surgery. He is an active member of the American Dental Association, Texas Dental Association, and Dallas County Dental Society.

The clinic is located at 1200 Coit Road, STE 100 Plano, TX 75075. It can be reached at the phone number

(972) 690-1235. There is also a contact form on the website to request an appointment online. Readers can follow the clinic on social media to keep up with other news.

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Bobby Jivnani Plano Dental

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