

Review Article

Tooth Grills and Jewellery: Aesthetic Appeal vs. Dental Safety

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ABSTRACT

Tooth grills and dental jewellery are worn primarily for aesthetic purposes and are increasingly common, especially among young people and in popular culture. Though they can provide an opportunity for self-portrayal, they undeniably pose serious threats to one's oral cavity, including decayed teeth, gum disease, and sensitivity. This article examines the ability to self-express through tooth grills and jewellery, while also shedding light on the implications that come with them. Moreover, this article suggests teeth whitening, porcelain veneers, dental bonding, clear aligners, and contoured cosmetics as healthier and more sustainable means to achieve desired oral aesthetics. In addition to these, the importance of routine dental cleanings and suggestive oil pulling to achieve and sustain a healthy smile are equally included. These options help to achieve aesthetic dental contouring while protecting one's oral health.

Keywords: Cosmetic contouring, dental bonding, enamel shaping, tooth jewellery, veneers

BACKGROUND

Recently, tooth grills and jewellery have turned into a growing trend in fashion and self-expression, especially amongst the youth. These ornate dental accessories,

made from gold and even diamonds, have drawn attention for their cultural and aesthetic value [1]. The adornment of tooth grills and jewellery has moved from a niche

personal adornment practice to a dominant fashion trend highly dictated by the music industry, especially hip-hop, and social media [2]. However, despite the popularity these accessories have garnered, the impact of these grills on one's health, especially oral, raises a debate, possibly one of the most challenging in the world, the clash between aesthetics and safety [3].

Toothed grills, commonly referred to as dental grills, or gold teeth, are decorative coverings for teeth designed to showcase a variety of materials such as gold, silver, or even precious stones [4]. Some people choose custom grills that replace individual teeth, but others prefer flashy ones that cover whole rows of teeth [5]. Like many other dental ornaments, grills are largely flaunted in hip-hop culture and are worn by celebrities and musicians to showcase wealth and status. They not only boost the visual appeal of a smile but also provide a means for a personalized and unique form of self-expression. In and outside of the Western world, dental grills are seen as a powerful and luxurious accessory [6].

The fascination with tooth grills and accessories has also captured the attention of the dental community. The accessories may seem harmless, but improper or prolonged use can result in gum irritation, tooth decay, and even significant gum and tooth damage [7]. With tooth grills made of gold, silver, or platinum, the material's incompatibility with tooth enamel can result in discomfort, wearing the tooth down, and, in extreme circumstances, tooth loss. Improper grill placement can cause shifts in the grill-wearer's bite, result in poor hygiene, and promote plaque buildup, which greatly increases the risk of decay and gum disease [8].

While self-expression is a big part of decor, jewelry can still be a risk and require damage control. Wearing grills, jewelry, and other oral accessories requires proper hygiene and care [9]. Cleaning them regularly, taking them off during meals and at bedtime, and avoiding tight fittings can reduce possible dental health consequences. People who want grills on their teeth should consult their dentists to be sure the products being used are safe and properly fitted to reduce the chances of harming the teeth and gums [10].

This review article focuses on the dental safety issues and the aesthetic value of teeth grills and other dental jewels. Understanding the materials, culture, and dental health will better help serve the purpose of this article, which is to guide people on whether they want to use the dental jewels and grills. This title will help me to balance the expectation of the readers, which is to provide cost health.

REVIEW

The recent rise in popularity of tooth grills and dental jewellery reveals a substantial change in the attitude people hold towards personal adornment and self-expression. In recent decades, the accessories that are now made of gold, silver, platinum, and even embellished with jewellery, have shifted from the peripheral to the central zone of fashion [11]. This transformation has largely been influenced by the hip-hop community, where prominent figures and influencers showcase tooth grills and dental jewellery as a statement of wealth, power, and social status. In addition to the cultural value, the dental accessories capture a big part of the cultural and social relevance, articulating the shift in attitudes toward personal adornment. With every modish trend, the popularity of grills exposes a gap in the literature regarding the safe and aesthetic dental accessories [12].

Aesthetic Appeal of Tooth Grills and Jewellery

Tooth grills and jewellery's aesthetic appeal lies in their transformation of smiles into bold, individual statements. From the various customization choices people can make, such as complex gold constructions or diamond-encrusted grills, these adornments have a wide range of appeal [13]. From the music industry, leather tooth ornaments, especially grills, as a youth culture symbol of success. The blingy culture of these smiles correlates perfectly with the overall perception of distinction and visibility. Adding these adornments provides a shift in power and confidence, facilitating the users to express their personality [14].

Social media plays a major role in the rise of tooth grills. Instagram, TikTok, and YouTube allow users around the world to present and share their grills, forming a sense of community around the trend. Consequently, tooth jewellery has moved beyond its original cultural context and gained popularity across multiple cultural groups. In more ways than one, tooth grills have transitioned from being purely a rebellious form of expression to a self-affirming and self-styling accessory that one can incorporate into one's everyday fashion [15].

Dental Safety Concerns

The rising trends of tooth grills and dental jewelry have led some to question their consequences on people's health. Some of these health consequences might be signs of possible damage to the natural teeth. Some dental adornments are custom-fitted; these can cause pressure on the enamel and cause excess wear and natural wear of the tooth. Poorly constructed grills that use hard metals

and alloys may also cause enough discomfort to cause them to shift the natural teeth out of alignment. In addition to damage, poorly fitting grills can create an environment to collect plaque and bacteria that may lead to tooth decay, gum disease, and halitosis [16].

Jewellery on teeth can also change how ones keep their mouth clean. Especially for individuals with grills, thorough teeth cleaning can be difficult, especially in the areas housing the grills. This can heighten the concern for poor oral hygiene, especially with the possibility of cavities and gingivitis forming. Furthermore, poorly executed removal and replacement of grills can lead to soft mouth parts and gums being inflamed or even infected. In extreme cases, the lack of care or maintenance with grills can lead to even more serious issues like severe tooth loss, tooth sensitivity or loss of teeth [17].

Cultural Significance vs. Health Risks

While tooth grills and jewellery may resonate culturally and be admired for their beauty, their adverse effects on health, and dental health in particular, are hard to overlook. Personal expression should not come at the expense of losing or compromising one's oral health. Some hole wearers do not consider the consequences because of the cultural or fashion context. Some dental professionals use grills to check dental or oral hygiene with grills, and hardware should be grills are to be properly fitted or made of non-damaging materials, or not be disposed of or on a threat to teeth. Also needed are the basics of dental hygiene and check check-ups, and cleaning, and most importantly, for plaque and bacteria buildup over the hygiene or dental health of grill wearers [18].

Best practices help with all stated of dental hygiene. Most wearers of tooth grills still persist and boost dental health and hygiene risks. Fitness in the context of range trails, and over with all stated on dental hygiene, then still provides success in range on dental health impact in change removal and overall problems [19].

Potential Oral Health Diseases Caused by Tooth Grills and Jewellery

Although many people see tooth grills and dental jewellery as a way to customize their look, these ornaments can be harmful to oral health if not properly cleaned and maintained. Especially if they are not removed for a long time and cleaned properly, these ornaments can cause a multitude of diseases and complications for the teeth, gums, and mouth as a whole. Here are some of the most common diseases and health

problems that are related to tooth grills and dental jewellery, shown in Table 1.

Table 1: Problems related to tooth grills and dental jewellery

Oral Health Disease	Description
Tooth Decay (Caries)	Grills can trap plaque, bacteria, and food particles, leading to the development of cavities and tooth decay if not cleaned properly.
Gum Disease (Gingivitis and Periodontitis)	Improperly fitted grills can cause gum irritation, leading to gingivitis (gum inflammation). If untreated, it may progress to periodontitis, damaging soft tissue and bone.
Tooth Sensitivity	Grills can wear down enamel, exposing sensitive tooth layers and causing discomfort when consuming hot, cold, or acidic foods and drinks.
Oral Infections	Bacteria trapped under grills can cause infections in the gums and soft tissues, leading to swelling, pain, and potential abscess formation.
Bad Breath (Halitosis)	The buildup of plaque and bacteria under grills can produce sulfur compounds, leading to persistent bad breath.
Tooth Discoloration	Grills can leave residue or stains on the teeth, causing discoloration and yellowing of the natural teeth beneath them.
Tooth Loss	Long-term use of poorly fitted grills can cause teeth to shift or become weak, potentially leading to tooth loss or the need for extraction.

DISCUSSION

Despite their aesthetic allure, tooth grills and jewellery pose various potential dangers to your oral health. Thankfully, tooth grills and jewellery aren't necessary for smile enhancement. Smile enhancement treatments that won't compromise your oral health are available and highly effective. The most effective and popular cosmetic treatment, teeth whitening, helps brighten teeth by

removing stains caused by food, drinks, and aging. Although whitening your teeth professionally is the quickest way to achieve your desired results, you can use whitening products at home for gradual improvements. For those wanting to achieve greater results, veneers and dental bonding are great options [3]. Chips, cracks, and uneven teeth are some of the imperfections that dental bonding and veneers can address. Veneers are conforming and custom, porcelain or resin shells that are fit to the teeth and placed on the front of the teeth, and dental bonding is the process of sculpting the teeth with resin to rationalize the contour and shape. Both options are effective for long-lasting smile enhancements and are ideal for people looking to avoid grills and jewellery [4].

Invisalign and other clear aligners are now highly sought after for the inconspicuous approach to orthodontics. Clear aligners are more comfortable and nearly invisible than metal braces and are removable, making them a great choice for adults and teenagers. Clear aligners effectively and aesthetically solve problems such as crooked, overcrowded, or misaligned teeth. They offer a proven solution as they shift the teeth gradually to the desired positions [20]. Contouring and enamel shaping, or cosmetic contouring, may be the right fit for those with milder cases and who are looking for more minimally invasive options. This procedure removes small amounts of enamel from the teeth to reshape them, making contouring ideal for those with slight chips, uneven edges, or discrepancies in the teeth's length. Gum contouring reshapes the gums and is helpful for those with gummy smiles, especially those who have excessive gum tissue over their teeth, making them look shorter. This procedure is beneficial to achieve a more proportionate and symmetric smile [21].

CONCLUSION

In summary, while tooth grills and tooth jewellery are a stylish way to embellish oneself, they pose a threat to one's dental health, which may result in decayed teeth, gum disease, and sensitive teeth. This shows that tooth jewellery and grills are unsafe and less sustainable to enhancing one's smile. There are other options such as teeth whitening, veneers, dental bonding, clear aligners, and cosmetic contouring, which positively change your smile without needless jeopardizing your teeth. Cleanings and maintenance, along with oil pulling, are good and easy options for overall good dental health. There are no health complications when one chooses oil pulling. Your smile is an expression; having a smile one loves increases

confidence in oneself. Protecting your teeth with the options mentioned above increases health and confidence. Protecting your teeth is a must, along with the options mentioned, to preserve the cosmetic value. You'll achieve a smile that is not only pleasing to look at but one that is also aligned and healthy, boosting overall positivity. There are no complications when one chooses oil pulling. Your smile is an expression; having a smile one loves increases confidence in oneself. Protecting your teeth with the options mentioned above increases health and confidence.

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Charan Teja Bobba: The sole author of this study. He is responsible for the conceptualization, research, writing, and revision of the manuscript

ABBREVIATIONS USED IN THE STUDY:

- a) **ADA:** American Dental Association

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