

Contact Sensitization To ToothPastes.

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Abstract

Toothpastes are one of the indispensable elements of oral health care. Toothpastes has many ingredients which may be allergic to few of us. In recent years allergic reactions or contact dermatitis has started to appear more frequently in dental practice. The present case describes the progression of an allergic response to toothpaste, one of the principle agents of oral hygiene.

Key-words: Allergy, Contact dermatitis, Contact sensitization.

Key Messages : Hypersensitivity reactions has been reported on the use of toothpastes containing pyrophosphates, - an anticalculus agent & certain flavoured toothpaste containing mint. Patch test is required to be done on the subjects, who are switching their toothpastes regularly.

Introduction

Toothpaste is not a relatively modern phenomena. The breakthrough that transformed toothpaste into crucial weapon against the tooth decay and gingival diseases.

Toothpaste acts as an abrasive that aids in removing the dental plaque & food debris from the oral cavity & also, helps in masking the halitosis & delivers active ingredient such as fluoride or xylitol to prevent tooth & gum diseases.

Most of the cleaning of the teeth is done by mechanical use of toothbrush, where as toothpaste only aids in cleaning of the teeth. Recent toothpastes contain colouring agents, sweeteners, bleaching agents, & various other minerals. Toothpastes are improving everyday in their contents. There are anticavity, whitening, toothpastes with mouthwashes & for sensitive teeth.

There is no case reported in the literature, regarding hypersensitivity to the toothpaste containing salt, although evidence of reactions to the toothpastes containing pyrophosphates, flavouring agents has been reported in the past.

Case Report

A 22 year old female patient reported to the department of periodontics with the chief complaint of burning sensation in the oral cavity on having food & beverages.

On examination patient's oral hygiene status was fair, with a mild calculus on the cervical third of the teeth and there were ulcers on the labial mucosa, buccal mucosa and vestibule.

The ulcer were approx. 0.5cm x 0.5cm in size with erythematous borders & not well defined margins, covered with slough Ulcers were tender on palpation.

The personal history revealed that the patient developed such type of ulcers on brushing the teeth with colgate toothpaste containing salt, colgate toothpaste containing calcium since last two years.

There was no family history and no relevant medical history in the patient.

Haematological Investigations

Routine haematological investigations did not show any abnormal finding.

Patch Test

Patch test on the dorsal surface of the forearm was conducted for both the toothpastes., after 48 hours there were no sign of any itching or contact dermatitis.

Patient was prescribed Zytee gel for topical application & were advised to switch to gel toothpaste.

After one week ulcers had healed uneventfully, & no untoward reactions to gel toothpaste was noted.

Discussion

According to literature, the most common allergens in toothpastes are flavouring agents like cinnamic aldehydes, cinnamon oil, peppermint & preservatives.

Symptoms includes stomatitis, chelitis, glossitis, gingivitis, perioral dermatitis & immediate hypersensitivity. There has been certain hypersensitivity reactions reported on use of toothpastes containing pyrophosphates, an anticalculus agent & certain flavoured toothpastes

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Containing mint..Contact dermatitis of the mouth can also be caused by other oral & dental products including from metals from dental work(prosthesis, mouthwashes, chewing gums, lipsticks, lipbalsms.

Many people may not be aware that they have a toothpaste allergy because they are not very common & also they can be hard to diagnose by a person himself. Toothpaste contains such a wide variety of ingredients & to figure out which one is causing the problem & also the manufacturer of various toothpastes does not reveal the ingredients incorporated in their toothpastes.

Toothpaste allergy symptoms can be mild to severe & in rare cases can lead to anaphylactic shock & death. Sometimes the most troublesome symptoms of contact dermatitis, which may not be deadly but may one to suffer in hiding esp. if contact dermatitis, appears as a itchy flaky rash around the lips & chin.

Conclusion

Dental surgeons are involved in the effort to control contact allergy through early detection and educating the masses regarding contact allergy and patch testing before switching over the toothpastes and toothpowders and also to consider reducing the amount of toothpaste for use & to wash those areas of face immediately where toothpaste may be left after brushing.







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