

# Painful tooth about 'games'

**IT'S not only dangerous but completely idiotic that some Irish people on TikTok are using nail files to file their teeth down.**

Dentists are quite-rightly very concerned the latest online craze will cause irreversible damage to people's oral health.

If that sounds hard to believe, just remember that other online "game" NekNominate which encouraged youngsters to drink dangerous amounts of alcohol.

Peer pressure, especially among young people, is a powerful force and can be difficult to resist. But when someone's health and well-being is at stake, it becomes easier to say no.

## Hang on for that



# TIK CARE WITH YOUR TEETH, TEENS URGED

BY DAVID KENT

**DENTISTS are "very concerned" about a craze where app users file their teeth down using nail files.**

It has already sparked a rise in the number of patients needing treatment with the danger of permanent damage if teenagers are not careful.

Caroline Robbins, who chairs the GP committee of the Irish Dental Association, said it wasn't the only issue people have been copycating recently.

She added: "We are sort of seeing two things. We are seeing the TikTok hackers and people coming in who have done silly things like filing their teeth and things they have seen on TikTok that have rather unfortunate consequences.

"Then we obviously have the others who are on Instagram and very much watching what influencers are saying

## Dentists' alarm at filing down craze

and doing and promoting and thinking perhaps if they do the same, they will get the same results. Unfortunately, we know that a lot of the time they don't."

Speaking on Newstalk Breakfast, Ms Robbins outlined the damage filing your teeth can inflict.

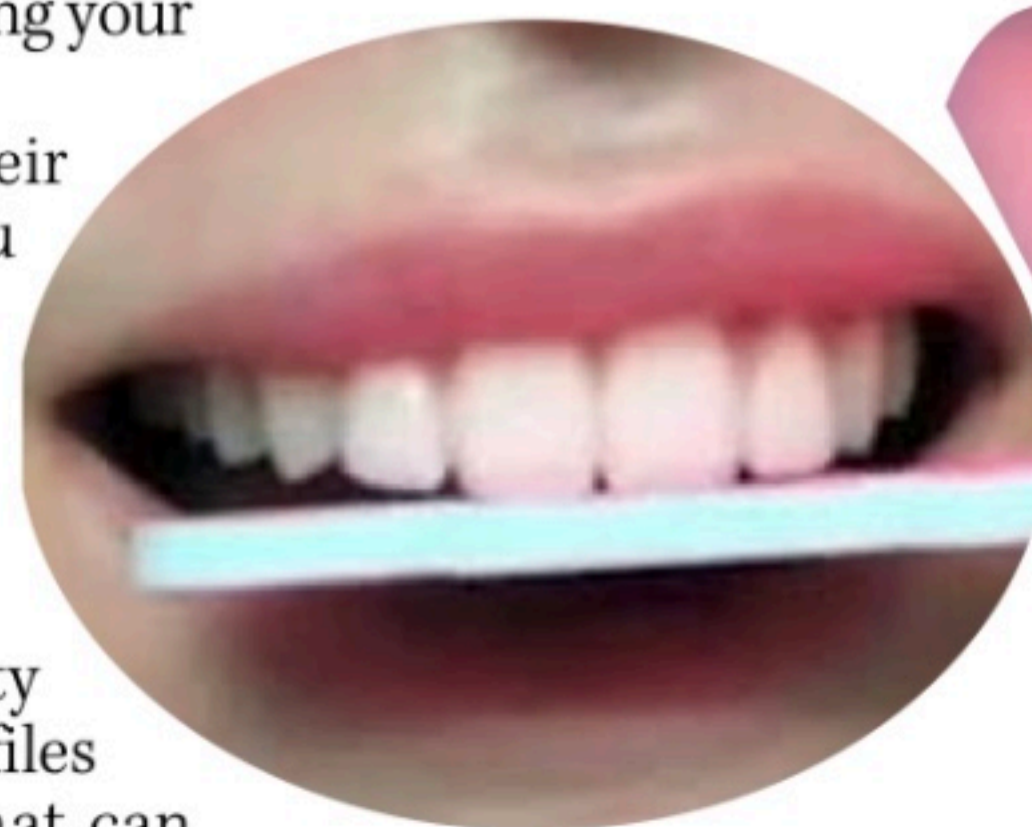
She said: "They are filing their teeth with nail files, would you believe it? It just makes my skin crawl thinking about it.

"They want them all flat. They want them all the one length and one shape – flat teeth.

"They don't like their pointy canines so they are taking the files to them and that is damage that can never be repaired. Once tooth structure

is gone, it is gone forever and it leaves a very sensitive tooth afterwards.

"It can be quite painful and it can be very damaging if it is done to the extreme." Ms Robbins added supposed



**BITE & WRONG** Nail files used on teeth

"teeth-whitening kits" are also a danger. She said: "In Ireland now we are only allowed to apply a certain level of bleach. It is 6% hydrogen peroxide or up to 16% carbamide peroxide.

"Certainly, people can scour the internet and go overseas and get things in that are much stronger, but if they are applying those directly without them being properly put in with fitted trays and things like that... that is chemical. So, we are seeing people come in and they have got their gums burned off or the inside of their lips are burned, it is really dangerous.

"Then, if the tray is not well-fitting you can be swallowing this, so you have to be extremely careful."

news@irishmirror.ie

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