

ORAL HYGIENE TERMINOLOGY

TERM LIST 25th JULY 2019

TERM	DEFINITION	SESOTHO EQUIVALENT
1. ABUTMENT	<i>A tooth or implant used to support prosthesis. A crown unit used as part of a fixed bridge</i>	Sehokahanyi /Abatmente
2. ABSCESS	<i>A localised inflammation due to a collection of pus in the bone or soft tissue, usually caused by an infection.</i>	Lethopa
3. AMALGAM	<i>A dental filling material, composed of mercury and other minerals, used to fill decayed teeth.</i>	Motswako/Amalgamo
4. ALVEOLOPLASTY	<i>A surgical procedure used to re-contour the supporting bone structures in preparation of a complete or partial denture</i>	Popo ya marenene
5. ANESTHETIC	<i>A class of drugs that eliminated or reduces pain.</i>	Sethethefatsi/Sebolaya bohale/ Anaestetike
6. ANTERIOR	<i>Refers to the teeth and tissues located towards the front of the mouth (upper or lower incisors and canines).</i>	Meno a kapele
7. APEX	<i>The tip end of a root.</i>	Pento ya motso
8. APEXIFICATION	<i>A method of inducing apical closure, or the continual apical development of the root of an incompletely formed tooth, in which the pulp is no longer vital</i>	Aphiksifikheishene
9. BICUSPID	<i>A two-cuspid tooth found between the molar and the cuspid also known as an eye tooth or canine tooth.</i>	Leino le ntlha dipedi
10. BIOPSY	<i>A process of removing tissue to determine the existence of pathology.</i>	Bayopsi
11. BITEWING X-RAY	<i>X-rays taken of the crowns of teeth to check for decay</i>	Ekserei ya bitewing
12. BLEACHING	<i>The technique of applying a chemical agent, usually hydrogen peroxide, to the teeth to whiten them.</i>	Ho sweufatsa

13. BONDIN	<i>A process to chemically etch the tooth's enamel to better attach (bond) composite filling material, veneers, or plastic/acrylic.</i>	Ho Kgomoretsa
14. BONE LOSS	<i>The breakdown and loss of the bone that supports the teeth, usually caused by infection or long-term occlusal (chewing areas of the teeth) stress.</i>	Tshenyeho ya lesapo la meno
15. BRIDGE	<i>A fixed prosthetic replacement of one or more missing teeth attached to the implant abutments adjacent to the space.</i>	Sehokahanyi/Borokgo
16. BRUXISM	<i>The involuntary clenching or grinding of the teeth.</i>	Ho phuphura meno
17. CALCULUS	<i>The hard deposit of mineralised plaque that forms on the crown and /or root of the tooth. Also referred to as tartar.</i>	Ho sehlafula ha meno
18. CANINE TOOTH	<i>The second tooth from the big front tooth, commonly called the eye tooth.</i>	Leino la Ntja
19. CANTILEVER EXTENSION	<i>Part of a fixed prosthesis that is supported at one end only</i>	Khanthiliva
20. CAP	<i>Another term for crown; usually referring to a crown for a front tooth.</i>	Kepisi/Krone ya meno
21. CAVITY	<i>A layman's term for decay. Also, the dental term for the hole that is left after the decay has been removed.</i>	Sebodyu
22. CEMENT	<i>A special type of glue used to hold a crown in its place. It also acts as an insulator to protect the tooth's nerve.</i>	Samente
23. COMPOSITE	<i>A tooth-coloured filling made of plastic resin or porcelain</i>	
24. CUSP	<i>The protruding portion(s) of a tooth's chewing surface.</i>	Pento
25. DENTAL FLOSS	<i>A thin, nylon string, waxed or unwaxed, that is inserted between the teeth to remove food and plaque.</i>	Tukula ya kgwele
26. DENTAL HYGIENIST	<i>A dental professional specialising in cleaning the teeth by removing plaque, calculus, and diseased gum tissue.</i>	Mohlwekisameno
27. DENTIN	<i>The part of the tooth that is under both the enamel which covers the crown and the cementum which covers the root.</i>	Denthene
28. DENTURE	<i>A removable appliance used to replace teeth. A complete denture replaces all of the upper teeth and/or all the lower teeth.</i>	Meno a maiketsetso

29. DIASTEMA	<i>A space, such as one between two adjacent teeth in the same dental arch.</i>	Letseka
30. DISTAL	<i>Farther from any part of reference.</i>	Ho ba hole
31. DRY SOCKET	<i>A localised inflammation of the tooth socket following an extraction due to infection and lack of formation of a blood clot.</i>	Sekoti se tshwaetsehileng lereneneng
32. ENAMEL	<i>The hard, calcified (mineralized) portion of the tooth which covers the crown.</i>	Inamele
33. ENDODONTICS	<i>The dental specialty that deals with injuries to or diseases of the pulp, or nerve, of the tooth.</i>	Endodontikse
34. EQUILIBRATION	<i>The achievement of a balance between opposing teeth or forces by adjustive grinding of an interfering tooth structure during the functional stroke.</i>	Tsikitlano ya meno
35. EXTRACTION	<i>The removal of a tooth</i>	Ho ntsha meno
36. EXCISION	<i>Surgical removal of bone or tissue.</i>	Ho seha
37. EXTOSIS	<i>The overgrowth of normal bone.</i>	Kgolo e sa Tlwaelehang
38. EXTRACORONAL	<i>The outside crown of the tooth.</i>	Bokantle ba kepsi/krone
39. EXTRAORAL	<i>The outside of the mouth.</i>	Bokantle ba molomo
40. FACIAL	<i>Pertaining to or toward the face (Buccal, Labial).</i>	Ho ella molomong
41. FILLING	<i>Material used to fill cavity or replace part of a tooth</i>	Hlama
42. FISSURE	<i>A deep ditch or cleft in the surface of the teeth.</i>	Hlama
43. FLUORIDE	<i>A chemical compound used to prevent dental decay, utilized in fluoridated water systems and/or applied directly to the teeth</i>	Sethibela ho bola
44. FRENUM	<i>Muscle fibers covered by a mucus membrane that attaches the cheek, lips and or tongue to associated dental mucous.</i>	Lelemetshwarise
45. FRENECTOMY	<i>The removal of a frenum.</i>	Tloso ya

		Ielemetshwarise Marenene
46. GINGIVA	<i>The soft tissue that covers the jawbone. Also referred to as the gums.</i>	
47. GINGIVECTOMY	<i>Removal of excessive gingiva. May be necessary to access toothstructure during a restorative procedure</i>	Tloso ya marenene
48. GINGIVITIS	<i>An inflammation or infection of the gingiva; the initial stage of gumdisease.</i>	Tshwaetso ya marenene
49. GINGIVOPLASTY	<i>A surgical procedure to reshape or repair the gingiva (gum).</i>	Ho seha/lokisa marenene
50. GRAFT	<i>A piece of tissue or synthetic material placed in contact with tissue to repair a defect or supplement a deficiency.</i>	Krafte
51. GUM DISEASE	<i>Inflammation of the soft tissue (gingiva) and abnormal loss of bone that surrounds the teeth and holds them in place.</i>	Borurusi ba marenene
52. HEMISECTION	<i>The surgical separation of a multirooted tooth through the furcationarea in such a way that the blocked, or defective, affected root or roots may be removed along with the associated portion of the crown.</i>	Ho seha metso

53. HIGH NOBLE METAL	<i>Noble metals used for dental castings continue to consist of alloys of gold, palladium, and silver (not a noble metal), with smaller amounts of iridium, ruthenium, and platinum.</i>	Kgauta/Silifera
54. IMMEDIATE DENTURE	<i>A denture constructed for immediate placement after removal of the remaining teeth.</i>	Ho kenngwa meno a maiketsetso
55. IMPACTED TOOTH	<i>An unerupted or partially erupted tooth that is positioned against bone or soft tissue so that total eruption is unlikely.</i>	Leino le sa holang hantle
56. IMPLANT	<i>An artificial device, usually made of a metal alloy or ceramic material, that is implanted within the jawbone as a means to attach an artificial crown, denture, or bridge.</i>	Ho lenngwa ha leino la maiketsetso
57. INCIPIENT	<i>Dental carries in an early stage of development, often not requiring immediate restorations.</i>	Ho bola ha meno
58. INCISAL	<i>Pertaining to the cutting edges of incisor and cuspid teeth.</i>	Dipento tsa meno
59. INCISION AND DRAIN	<i>A sweeping incision made through the core of a lesion to allow draining of infection, and removal of any abnormal or unhealthy tissue.</i>	Ho seha le ho ntsha
60. INDIRECT PULP CAP	<i>A procedure in which the nearly exposed pulp is covered with a protective dressing to protect the pulp from additional injury and to promote healing and repair via formation of secondary dentin.</i>	Setshireletsi sa moko wa meno
61. INLAY	<i>A cast gold filling that is used to replace part of the tooth.</i>	Leino la kgauta
62. INTERPROXIMAL	<i>The area between two adjacent teeth.</i>	Sekgeo pakeng tsa meno
63. INTRACORONAL	<i>The area within a crown of a tooth.</i>	Bokahare ba kepsi/krone
64. INTRAORAL	<i>The inside of a mouth.</i>	Bokahare ba molomo
65. LABIAL	<i>The area pertaining to or around the lip.</i>	Dipounameng
66. LINGUAL	<i>The area pertaining to or around the tongue.</i>	Ho ella Lelemeng
67. LOCAL ANESTHETIC	<i>The injection given in the mouth to numb the areas where a tooth or area</i>	Ho bolaya bohatso

	<i>needs a dental procedure.</i>	
68.MALOCCLUSION	<i>The improper alignment of biting or chewing surfaces of upper and lower teeth.</i>	Ho selekane ha meno
69.MANDIBLE	<i>The lower jaw.</i>	Mohlahare o tlase
70.MARYLAND BRIDGE	<i>The trade name that becomes synonymous with any resin bonded fixed partial denture (bridge).</i>	Borokgo ba Maryland
71.MASTICATION	<i>The act of chewing.</i>	Ho hlafuna
72.MAXILLA	<i>The upper jaw</i>	Mohlahare o hodimo
73.MESIAL	<i>Toward or situated in the middle.</i>	Ho ella bohareng
74.MOLARS	<i>The broad, multicusped back teeth, used for grinding food are considered the largest teeth in the mouth. In adults there are a total of twelve molars three on each side of the upper and lower jaws.</i>	Meno a tau/meno a phuphurang
75.NITROUS OXIDE	<i>A controlled mixture of nitrogen and oxygen gases that is inhaled by the patient in order to decrease sensitivity to pain.</i>	Motswako wa dikgase o robatsang
76.NOVOCAIN	<i>A generic name for the many kinds of anesthetics used in the dental injection, such as Xylocaine, Lidocaine, or Novocaine.</i>	Novokheine
77.OCCLUSAL X-RAY	<i>An intraoral x-ray taken with the film held between the teeth in biting position.</i>	Ekserei ya meno a morao
78. OCCLUSAL SURFACE	<i>The chewing surface of the back teeth.</i>	Mohlafunong
79. OCCLUSION	<i>Any contact between biting or chewing surfaces of upper and lower teeth.</i>	Ho hlafuna
80. ONLAY	<i>A cast gold or porcelain filling that covers one or all of the tooth's cusps.</i>	Kgauta
81. ORAL SURGERY	<i>The removal of teeth and the repair and treatment of other oral problems, such as tumors and fractures.</i>	Kalafo ya meno
82. OVERBITE	<i>A condition in which the upper teeth excessively overlap the lower teeth when the jaw is closed. This condition can be corrected with orthodontics.</i>	Kgolelopele ya mohlahare
83. PALATE	<i>The hard and soft tissues forming the roof of the mouth.</i>	Mahalapa

84. PALLIATIVE	<i>Treatment that relieves pain but is NOT curative</i>	Moriana wa mahalapa
85. PANOREX	<i>An extraoral full-mouth X-ray that records the teeth and the upper and lower jaws on one film.</i>	Panorekse
86. PARTIAL DENTURE	<i>A removable appliance used to replace one or more lost teeth</i>	Meno a maiketsetso a sa fellang
87. PERIODONTIST	<i>The area of dentistry concerned with the prevention, diagnostic, and treatment of periodontal disease.</i>	Mothibedi wa mahloko a meno
88. PEDIATRIC DENTISTRY	<i>The specialized branch of dentistry that deals solely with treating the children's dental disease.</i>	Ngaka ya bana
89. PERIAPICAL	<i>The area that surrounds the tip of a tooth.</i>	Ho ella pentong ya meno
90. PERICORONITIS	<i>An inflammation of the gum tissue around the crown of a tooth, usually the third molar.</i>	Borurusi ba meno a morao
91. PERIODONTAL	<i>Relating to the tissue and bone that supports the tooth (from peri, meaning "around", and dont , "tooth").</i>	Tshehetso ya meno
92. PERIODONTAL DISEASE	<i>The inflammation and infection of the gums, ligaments, bone, and other tissues surrounding the teeth.</i>	Borurusi/Tshwahetso ya Marenene
93. PERIRADICULAR	<i>The area which surrounds a portion of the root of the tooth.</i>	Motsong wa leino
94. PERMANENT TEETH	<i>The thirty-two adult teeth that replace the baby, or primary teeth.</i>	Meno a tlhaho
95. PIT	<i>A recessed area found on the surface of a tooth, usually where the grooves of the tooth meet</i>	Lefaro
96. PLAQUE	<i>A film of sticky material containing saliva, food particles, and bacteria that attaches to the tooth surface both above and below the gum line.</i>	Tshila ya meno
97. PONTIC	<i>An artificial tooth used in a bridge to replace a missing tooth.</i>	Leino la maiketsetso la sa tsweng
98. PRIMARY TEETH	<i>The first set of teeth that humans get, lasting until the permanent teeth</i>	Meno a pele

	<i>come in. Also referred to as baby teeth.</i>	
99. PROPHYLAXIS	<i>The scaling and polishing procedure performed to remove calculus, plaque, and stains from the crowns of the teeth.</i>	Ho hlwekisa meno
100. PULP	<i>The hollow chamber inside the crown of the tooth that contains its nerves and blood vessels.</i>	Moko wa meno
101. QUADRANT:	<i>The dental term for the division of the jaws onto four parts, beginning at the midline of the arch and extending towards the last tooth in the back of the mouth.</i>	Bontlhanne ba lehano/molomo
102. REBASE	<i>The process of refitting a denture by replacing the base material.</i>	Ho dila leino la maiketsetso
103. RECEDED GUMS	<i>A condition characterised by the abnormal loss of gum tissue due to infection or bone loss.</i>	Tshenyeho ya marenene
104. REFERRAL	<i>When a dental patient is sent to another dentist, usually a specialist, for treatment or consultation.</i>	Phetisetso/Phetiso
105. RELINE	<i>The process of resurfacing the tissue side of a denture with a base material.</i>	Ho dila meno a maiketsetso
106. REPLANTATION	<i>The return of a tooth to its socket.</i>	Kgutlisetso
107. RESORPTION	<i>The breakdown and assimilation of the bone that supports the tooth, i.e., bone loss.</i>	Ho monyeha ha masapo
108. RESTORATION	<i>Any material or devise used to replace lost tooth structure (filling, crown) or to replace a lost tooth or teeth (bridge, dentures, complete or partial).</i>	Kahobotjha
109. RETAINER	<i>A removable dental appliance, usually used in orthodontics, that maintains space between teeth or holds teeth in a fixed position until the bone solidifies around them.</i>	Meno a Maiketsetso a Bonaletsang
110. RETROGRADE FILLING	<i>A method of sealing the root canal by preparing and filling it from the root tip, generally done at the completion of an apicoectomy.</i>	Kaho ya leino

111. RIDGE ENHANCEMENT	<i>(bone replacement) The placement of a synthetic bone material, or freeze dried bone, inserted immediately after an extraction into the socket of the tooth. This is done to prevent collapsing of the surrounding bone.</i>	Matlafatso ya tshchetso ya masapo
112. ROOT	<i>The part of the tooth below the crown, normally encased in the jawbone. It is made up of dentin, includes the root canal, and is covered by cementum</i>	Motso
113. SCALING	<i>A procedure used to remove plaque, calculus, and stains from the teeth.</i>	Ho kgakgapa
114. SEALANT	<i>A composite material used to seal the decay-prone pits, fissures, and grooves of teeth to prevent decay</i>	Hlama e kabang mafaru
115. SIX-YEAR MOLAR	<i>The first permanent tooth to erupt, usually between the ages of five and six.</i>	Meno a tau/phuphurang a pele
116. SOCKET	<i>The hole in the jawbone in which the tooth fits.</i>	Sekoti se lereneneng

117. SPACE MAINTAINER	<i>A dental appliance that fills the space of a lost tooth or teeth and prevents the other teeth from moving into the space. Used especially in orthodontic and pedodontic treatment.</i>	Searohanya meno
118. STAINLESS STEEL CROWN	<i>A pre-made metal crown, shaped like a tooth that is used temporarily cover a seriously decayed or broken down tooth. Used most often on children's teeth.</i>	Kepisi/Krone ya Tshepe
119. SUBGINGIVAL SCALING:	<i>The removal of calculus and plaque found on the tooth below the gum line.</i>	Ho Kgakgapa Iereneneng
120. THIRD MOLAR:	<i>The last of the three molar teeth, also called wisdom teeth. There are four third molars, two in the lower jaw two in the upper jaw, on each side. Also known as wisdom teeth</i>	Meno a dihaka
121. TORUS:	<i>A bony elevation of normal bone. Usually seen on the upper palate behind the front teeth or under the tongue inside the lower jaw.</i>	Torase
122. TREATMENT PLAN:	<i>A list of work that the dentist proposes to perform on a dental patient based on the results of the x-rays, exam, and diagnosis. Often more than one treatment plan is presented.</i>	Leano la Kalafo
123. VENEER:	<i>An artificial filling material, usually plastic, composite, or porcelain, that is used to provide an aesthetic covering over the visible surface of a tooth. Most often used on front teeth.</i>	Venere