



# Exostoses Torus: Mandibular & Palatine

Jebun Chowdhury  
DEN 1114

# What are Exostoses and Tori?

- ▶ Exostosis or plural exostoses, is localized developmental growths of bone. It is thickening of bone around a tooth. This growth occurs on the buccal surface of the alveolar process in the maxilla. They can be single, multiple, unilateral or even bilateral. Mainly it is found in the premolar to molar regions and covered by oral mucosa. Another name for this exostosis is Buccal Exostosis because the bone grows around the tooth in the buccal area.
- ▶ Torus or plural tori, is a developmental growth of bone as well. This growth can occur in two forms. There are palatine tori, which are along the midline of the hard palate and mandibular tori, which are found in the premolar to molar regions and are covered by oral mucosa. These tori are usually bilateral and can appear in many different shapes.

# Etiology

- ▶ Exostosis and torus are said to be possibly hereditary. There are genetic links that cause these growths of extra bone, but there may be other causes as well.
- ▶ Bruxism (grinding teeth) and occlusal trauma can cause this overgrowth.
- ▶ Trauma to the bones of the oral cavity.
- ▶ Temporomandibular disorders can cause tori.

All of the above causes create stress on the bones of the oral cavity. With more stress there is more tension and pressure placed on the bone and joint causing the creation of more bone material. It is the body's way to protect the teeth from this increase in pressure and tension. This extra growth of bone grows slowly and mostly begins to appear after puberty. Mandibular tori are said to be more common in men and palatine tori are more common in women.

# Impact Dentally

- ▶ There are no symptoms of exostoses and tori and there is little to no pain associated with it unless they scrape it while eating.
- ▶ The extra bone does not cause much discomfort but can make it difficult to clean teeth properly and get in the way of restorations.
- ▶ They get in the way of dental x-rays and appear as light masses.
- ▶ They can interfere with speech, mainly the mandibular tori.
- ▶ Mandibular tori can affect prosthesis, such as dentures. The dentures can create sore spots on the oral mucosa covering the bone. The positioning of the bone gets in the way of the dentures. Palatal torus can get in the way of proper suction of maxillary dentures.

Palatal Tori



Mandibular Tori



Buccal Exostosis

# Role of Dental Team

- ▶ Tori and exostoses do not usually cause discomfort or pain but should be removed by a dentist or oral surgeon if they get in the way of oral health or prosthesis.
- ▶ If a patient has any of these extra bone growths, it needs to be noted in the chart.
- ▶ The dental team should teach and show when possible, the patient how to maintain proper oral hygiene as to not scrape the oral mucosa. Maintaining proper oral health care helps in prolonging the need for dentures so removing the extra bone is avoided as well.
- ▶ Always remember to follow proper core values for a dental hygienist.