


Exostoses Torus - mandibular/palatine

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What is Exostoses?

- Exostoses is a growth consisting of bone that develops on top of another bone. It can develop in many parts of the body.
- Torus Palatine is exostoses that develops on the alveolar process of the maxillary arch. It can be single or multiple and can occur on one side or bilaterally. They are found in the area of molar/premolars and are enclosed by the oral mucosa.
- Torus mandibular is less common and occurs on the lingual side of the mandibular arch. In most cases it is bilateral.



Torus Palatine



Torus Mandibular

Etiology

- The cause for mandibular and palatine torus is unknown, however researchers believe it to be hereditary
- Other possible causes:
 - Diet
 - Teeth grinding
 - Trauma or injury to the mouth





Symptoms

- Torus do not usually cause pain or discomfort
- Generally they will begin growth at puberty and are slow growing and may not be noticeable till the patient gets older.
- It can range in size from less than 2 mm to more than 6 mm
- It can appear in many different shapes and can be lobulated or nodular



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Role of the Dental Team

- Torus Palatine and mandibular are usually diagnosed during a routine oral examination by the dental team
- It can make the oral hygiene procedure difficult and can affect the proper placement and analysis of dental x-rays
- Patients should be reassured that in most cases torus palatine/mandible are harmless and do not need to be removed
- Diagnosis of torus palatine/mandible needs to be noted on the patients file