

Sensitive Teeth

General Information:

- 1 out of every 4 adults has some form of sensitive teeth.
- Most sensitivity is from hot or cold foods or drinks.
- You may have sensitive teeth if your gums are receded. The reason for sensitivity is from exposed root surface.
- Enamel protects the inner layers of teeth, while dentin is more porous.

Causes:

- Poor hygiene
- Improper brushing
- Periodontal surgery
- Enamel corrosion
- Bite problems
- Clenching or grinding of your teeth
- Trauma
- Medical conditions, such as bulimia
- Radiation or chemotherapy

Prevention:

- Gently brush your teeth for 2-3 minutes twice a day
- When brushing, reduce the pressure put on the teeth by the toothbrush
- Use a toothbrush with soft flexible bristles
- Floss all of your teeth every day
- Apply fluoride gel or use a fluoride rinse

Treatment:

- Soft bristle brush
- Sensitive toothpaste
- Fluoride in toothpaste and/or mouthwash
- Avoid toothpastes that are for whitening or tarter control

Dentist help:

- Tooth varnish can be rubbed on the root of the tooth to help reduce or eliminate sensitivity
- Bonding can be added to the tooth to help close the pores of the tooth that might cause some sensitivity
- Root canal can also be preformed and/or a crown can be put on the tooth
- Nightguard to protect teeth from grinding/clinching