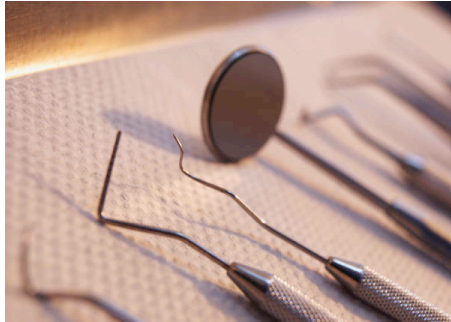


# DENTIN HYPERSENSITIVITY



Dentin hypersensitivity is one of the most common complaints among dental patients. In fact, it affects one person out of every five.

Dentin hypersensitivity is caused by a wearing away of the protective enamel layer on the teeth, exposing microscopic tubules located within the underlying dentin. This allows heat and cold to stimulate the nerves inside the tooth causing a short, sharp pain.

Tooth sensitivity can be an annoying problem that in most cases can be easily eliminated. Besides receding gums and fractured or chipped teeth, there are other factors that can contribute to tooth sensitivity.

Listening to the description of your pain and the activities that elicit the painful response helps your dentist diagnosis and treat your dentin hypersensitivity. Your responses to your dentist's questions contribute to the development of an individualized management strategy.

## TREATING

Your dental professional may recommend one or more of the following treatments to help eliminate your pain.

First, eliminate your triggers! After careful analysis, we will help you determine what may be aggravating your sensitivity and what you can do to help eliminate your triggers.

Sensitivity toothpaste is the most common treatment and works by interrupting the signals between the nerve cells in the teeth. Both over-the-counter and prescription sensitivity toothpastes are helpful in reducing sensitivity, but they take up to two full weeks before they are effective.

Our office offers many additional at-home treatments for sensitivity that are available with a prescription. These products provide significant relief when combined with over the counter sensitivity toothpaste.

We also offer many in-office treatments. These can provide additional relief and may include special polishing agents, fluoride varnishes or dentin sealants.

Recommended treatments vary depending on the severity of your sensitivity and your contributing factors. We are able to greatly reduce dentin sensitivity even in the majority of severe cases.

If you are experiencing tooth sensitivity call us today to schedule a consultation or be sure to mention it at your next dental appointment.

## TRIGGERS

- Do you have acid reflux disease?  
Increased levels of acid in the mouth can greatly increase sensitivity.
- Do you consume acidic foods or beverages?  
This would include colas (both diet and regular), tea, fruit juices (including apple), white wine, yogurt, etc.
- Do you have moderate to heavy plaque buildup?  
Take your fingernail and gently scrape along several teeth close to the gumline. If you removed any plaque you are probably missing some areas when brushing. Plaque is acidic by nature and will increase tooth sensitivity.
- Do you use a medium or hard toothbrush?  
Medium or hard toothbrushes wear down the tooth enamel and your gum tissue resulting in exposed nerves along the gumline.
- Does your toothbrush have flared bristles?  
This is a sign of overly aggressive tooth brushing and usually results in worn down root surfaces exposing sensitive areas.
- Do you use a tartar-control or whitening toothpaste?  
Ingredients found in most whitening toothpastes and the key ingredient in tartar-control toothpastes can increase tooth sensitivity.
- Do you clench or grind your teeth?  
Clenching or grinding can increase sensitivity. If you clench or grind a professionally made nightguard may be recommended.