

Ask The Smile Expert...



My teeth are sensitive, what can I do?

- Warm your toothbrush with warm water before applying toothpaste.
- Avoid highly acidic foods such as orange juice, grapefruit juice, bbq sauces and ketchup.
- Use an extra-soft toothbrush.
- Use a prescription strength fluoride toothpaste at bedtime (like Prevident).
- Alternate a sensitive toothpaste with your regular toothpaste.
- Don't use whitening toothpastes.
- Brush up and down, not scrubbing horizontally.
- Get fluoride treatments at your dental cleanings.
- Ask your hygienist to desensitize your teeth.

An interesting study recently found that people with fair skin, blue eyes, freckles or red hair have teeth that are more sensitive!

Please feel free to submit a question for The Smile Expert thru our website at www.drpatricialondon.com. We look forward to providing you with helpful information to improve your quality of life and your understanding of dentistry.

Patricia A. London, D.D.S.



213 Church St. Concord, NC 28025
704.782.1012 www.drpatricialondon.com