



Tooth Talk

“Hey Doc, why are my teeth so sensitive?”

Teeth sensitivity is the most common complaint dentists hear. Some reports suggest that one in five adults in North America suffer from tooth sensitivity at some point in his or her life.

Tooth sensitivity is a short, sharp pain felt when the tooth is exposed to hot/cold and sweet/sour food or drink. In extreme cases, just exposure to cold air can cause pain for people with sensitive teeth. The sensitivity occurs because the enamel of the tooth has been worn down and the inner layer, called the dentin, is left exposed

The most common causes of tooth sensitivity are:

Bruxism-teeth grinding, Loose or missing fillings/crowns, Cracked tooth, Tooth decay, Gum recession, Gum disease, Plaque, Vigorous abrasive tooth brushing, Teeth whitening, Acidic foods.

Preventing and treating tooth sensitivity is easy with many products available.

- Use a desensitizing toothpaste such as Sensodyne.
- Use a flouride mouthwash.
- Avoid frequent intakes of acidic foods.
- Wear a nightguard if the sensitivity is caused by teeth grinding.
- Use a toothbrush with soft bristles.
- Avoid using a scrubbing motion when brushing.
- Brush your teeth gently.
- Treat any decayed or broken teeth and gum disease.

You should visit your dentist if you experience tooth sensitivity so that they can recommend the best treatment whether over-the-counter or in the dental office setting.



4 Russell St. E., Lindsay

www.drVictorsun.com

705 324-0050

