

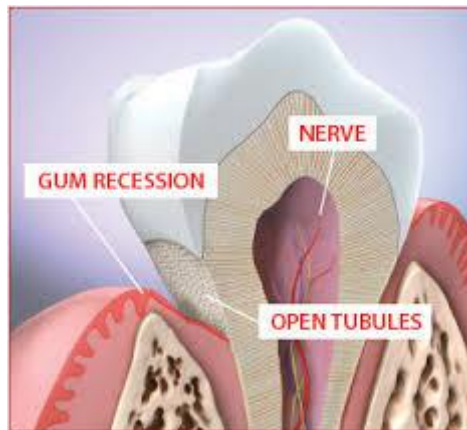
Sensitivity

Causes of sensitivity

Dentine hypersensitivity, or tooth sensitivity, is a common dental problem. It's a condition that can develop over time, as a result of common problems such as receding gums and enamel wear.

Tooth sensitivity can start to happen when the softer, inner part of the tooth called 'dentine' becomes exposed. Dentine lies under the enamel and the gums.

Thousands of microscopic tubules run through the dentine towards the centre of the tooth. Once the dentine is exposed, external triggers (such as a cold drink) can stimulate the nerves inside the tooth, resulting in the characteristic short, sharp pain of tooth sensitivity.



Common triggers for sensitivity

- Eating cold food or drinking cold drinks
- Eating hot food or drinking hot drinks
- Eating sugary or sour foods
- Breathing in cold air
- Brushing teeth

Treating Sensitivity

To care for your sensitive teeth, and for effective cleaning of your teeth and gums, we recommend brushing twice daily with sensitive toothpaste that contains fluoride.

Don't rinse your mouth after brushing instead leave the active ingredients to stay in contact with your teeth. You can also apply the toothpaste directly onto a problematic area.

If you have tried all the steps above and your symptoms don't improve please contact the practice there are many other causes of dental pain other than tooth sensitivity.

