

TIPS AND TRICKS

SENSITIVE TEETH



Tooth sensitivity is tooth discomfort in one or more teeth that is triggered by hot, cold, sweet, or sour foods and drinks, or even by breathing cold air, this pain can be sharp, sudden, and shoot deep into the nerve endings of your teeth



Cavities and fractured teeth can cause sensitive teeth. But if your dentist has ruled these problems out, then worn tooth enamel, a cracked tooth or an exposed tooth root may be the cause



Proper oral hygiene is the key to preventing gums from receding and causing sensitive-tooth pain. If you brush your teeth incorrectly or even over-brush, gum problems can result causing sensitivity



Sensitive teeth can be treated, your dentist may suggest that you try a desensitizing toothpaste, which contains compounds that help block the transmission of sensation from the tooth surface to the nerve



Too many acid-rich foods and drinks such as tomatoes, citrus fruits and juices can erode the protective enamel on your teeth. If you can't give up these acidic favorites, help neutralize the acids with cheese or milk after eating the acidic favorites



Everyone wants a brighter, whiter smile, but for some people, tooth whiteners and toothpastes can cause sensitive teeth, this sensitivity is often temporary, going away once you stop using the product



The roots of your teeth contain thousands of tiny tubes that lead to the nerves of your teeth. Usually teeth roots are hidden under gum tissue. But if you have periodontal disease, the gums may start pulling away from teeth, exposing the sensitive roots



Brushing too strenuously, or using a hard-bristled brush, can expose tooth roots by causing gum recession, and it can also wear away your tooth enamel causing sensitivity



Tooth enamel is the strongest material in your body, but it's no match for the power of clenching or grinding teeth. Over time, both of these habits can wear away tooth enamel, leaving your teeth's nerves more vulnerable



To strengthen your pearly whites, you may need to make a few more changes to your oral care routine, like switching to a soft-bristled tooth brush, using a desensitizing toothpaste, or trying a fluoridated mouth rinse. Talk to your dentist to discover exactly what is causing your sensitive teeth.

