



مؤسسة الرعاية الصحية الأولية
PRIMARY HEALTH CARE CORPORATION

Sensitive teeth



If you experience discomfort or sharp shooting pain on eating or drinking hot, cold, sweet or sour food/ drink, you may be suffering from tooth sensitivity.

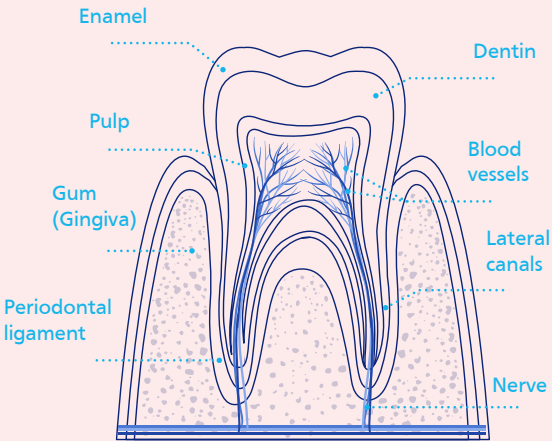
Tooth sensitivity is mostly temporary and disappears once the hot or cold stimulus is removed. In some cases, due to underlying causes it can be more chronic and persistent.



Tooth sensitivity is a warning sign that indicates that the tooth's outer protective layer of enamel or cementum have been damaged and the underlying dentine is exposed.

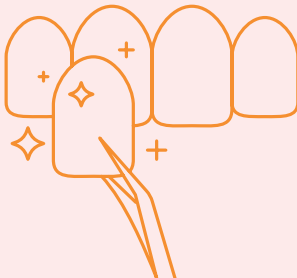


Tooth structure



What causes Tooth Sensitivity?

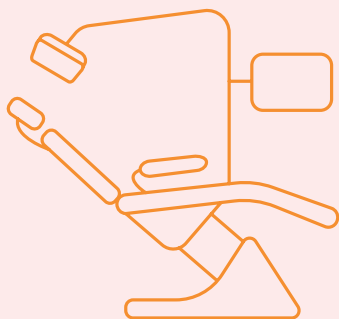
- **Aggressive brushing:**
Using excessive pressure, brushing with scrubbing action at gum line (i.e. back and forth motion where the teeth meet the gums) or using toothbrush with hard bristles will wear away the protective outer tooth layers.
- Build-up of dental plaque, calculus, and gum diseases can cause the gums to recede or shrink back, exposing the root surfaces.
- Habitual grinding or clenching of teeth, especially at night can causes enamel wear.
- Frequent intake of acidic food/ drinks, excessive vomiting during pregnancy, eating disorders and Gastro-Esophageal Reflux Disease (GERD) also causes enamel wear.



- Chipped, fractured teeth/ fillings and tooth decay also cause tooth sensitivity.
- Sometimes, tooth sensitivity is also experienced following tooth filling, bleaching and routine professional tooth cleaning. This type of sensitivity is temporary and subsides after a few days.

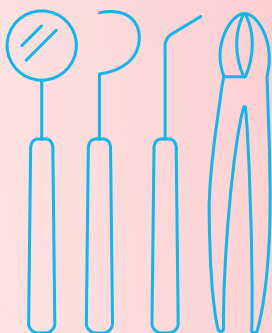


- Some people discontinue regular tooth brushing when they experience tooth sensitivity. This only make the problem worse. Instead, visit the dentist to treat the tooth sensitivity.
- If left untreated, the underlying condition can progress, leading to increase in the severity of tooth sensitivity.



What treatment will the Dentist provide?

- The dentist will diagnose the underlying cause of the sensitivity and treat it.
- Tooth decay or gum diseases, if any, will be detected and treated.



- Teeth grinding, fractures teeth/ fillings will be corrected.
- Proper brushing technique to prevent exposure of the root surfaces of teeth will be taught.
- The lost natural tooth structure will be replaced by a filling to cover the exposed dentine.

Tips for Tooth Sensitivity.

- Learn proper tooth brushing technique. Place the toothbrush bristles at 45-degree angle towards the gum line and brush each tooth in a circular motion, with gentle pressure.
- Use soft bristles toothbrush.
- Place the desensitizing paste over the problematic areas of the tooth for few seconds before brushing for faster relief.
- Reduce excessive intake of acidic food and drinks like citrus fruits and fruit juices, vinegar, fizzy drinks etc.

- Avoid brushing teeth immediately after intake of acidic food, especially 30-60 mins after intake of acidic food/ drinks. Instead, immediately rinse your mouth with water. The same instruction is given to pregnant women who vomits during her pregnancy period.
- Chew sugar free gum after intake of acidic food/ drink to encourage more production of saliva and reduce the acidic effect on teeth.

**Don't live in constant fear
of tooth sensitivity...
Consult your dentist and
seek early treatment.**