



INFORMATION REGARDING TOOTH SENSITIVITY

Tooth sensitivity is a very common dental problem. The most common cause of sensitivity is temperature change, especially when the teeth are exposed to cold liquids or air. Sometimes, the teeth are sensitive to hot food or drink, or to sweets.

Increased sensitivity to any or all of the above stimulations is often expected after gum surgery, or even after deep cleanings, and placement of deep fillings or crown preparations. When root exposure, due to gum disease and/or gum surgery occurs, the sensitivity that results can usually be treated. This can be done by topically applying certain desensitizing toothpastes to the teeth at the gum line with a fingertip or toothbrush after the teeth have been thoroughly cleaned by brushing and flossing using a regular or tartar control formula toothpaste, followed by rinsing the mouth.

For best results, the affected areas need to be coated with a desensitizing paste on all surfaces, including in between the teeth. The desensitizing paste must be left on overnight, and this routine should be repeated after breakfast. It may take at least two weeks to detect any improvement. Some patients need to treat the affected areas like this for one and a half to four months.

Any desensitizing toothpaste which contains potassium nitrate, such as Crest Sensitive™, AquaFresh Sensitive™, or Sensodyne™ is acceptable. If this method does not produce acceptable results in one to three months, please consult with your dentist.

Wishing you continued good dental health,

Your ForwardDental Team