

# Sensitive Teeth

## causes and treatment

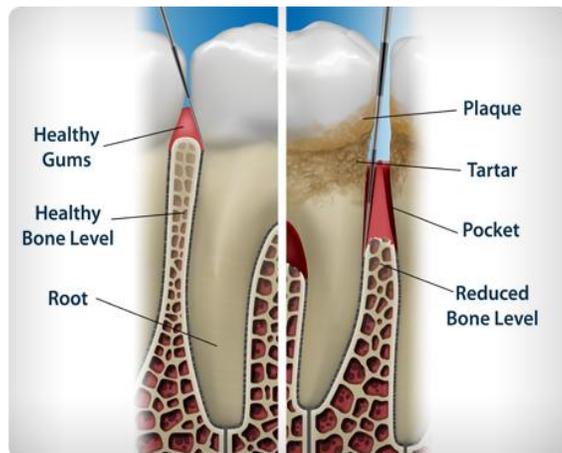
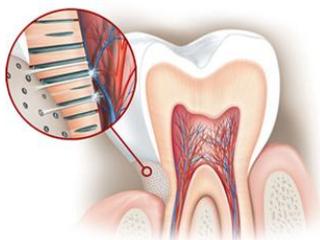
### Pain and Sensitivity

Many people feel pain and sensitivity, it's a common problem. It can be triggered by such things as ice cream, a hot coffee or even brushing and flossing.

### The Causes of Sensitivity

Every tooth is protected by a layer of strong enamel on its crown. Underneath this along the root there are softer layers called cementum and dentine, which normally are not exposed in the mouth. The dentine contains microscopic tubules

or canals that when exposed; allow the hot and cold, sweet or acidic foods and drink to stimulate the nerve.



The illustration on the right shows how the gum drops as gum disease destroys the bone level. By exposing the softer root surface, the tooth can become sensitive.

### How You Can Cause Sensitivity

- Brushing and flossing aggressively
- Poor oral hygiene or incorrect techniques
- Periodontal disease – when the gum is infected and bone is destroyed
- Tooth decay

### Topical treatments for sensitivity available from our practice

#### Treatment

Depending on the underlying cause, sensitivity can be treated by blocking the sensation to the nerve, in various ways:

- Desensitising toothpastes
- Fluoride gels
- In-office desensitising agents
- Filling or other type of restoration
- Surgical graft
- Root canal treatment

