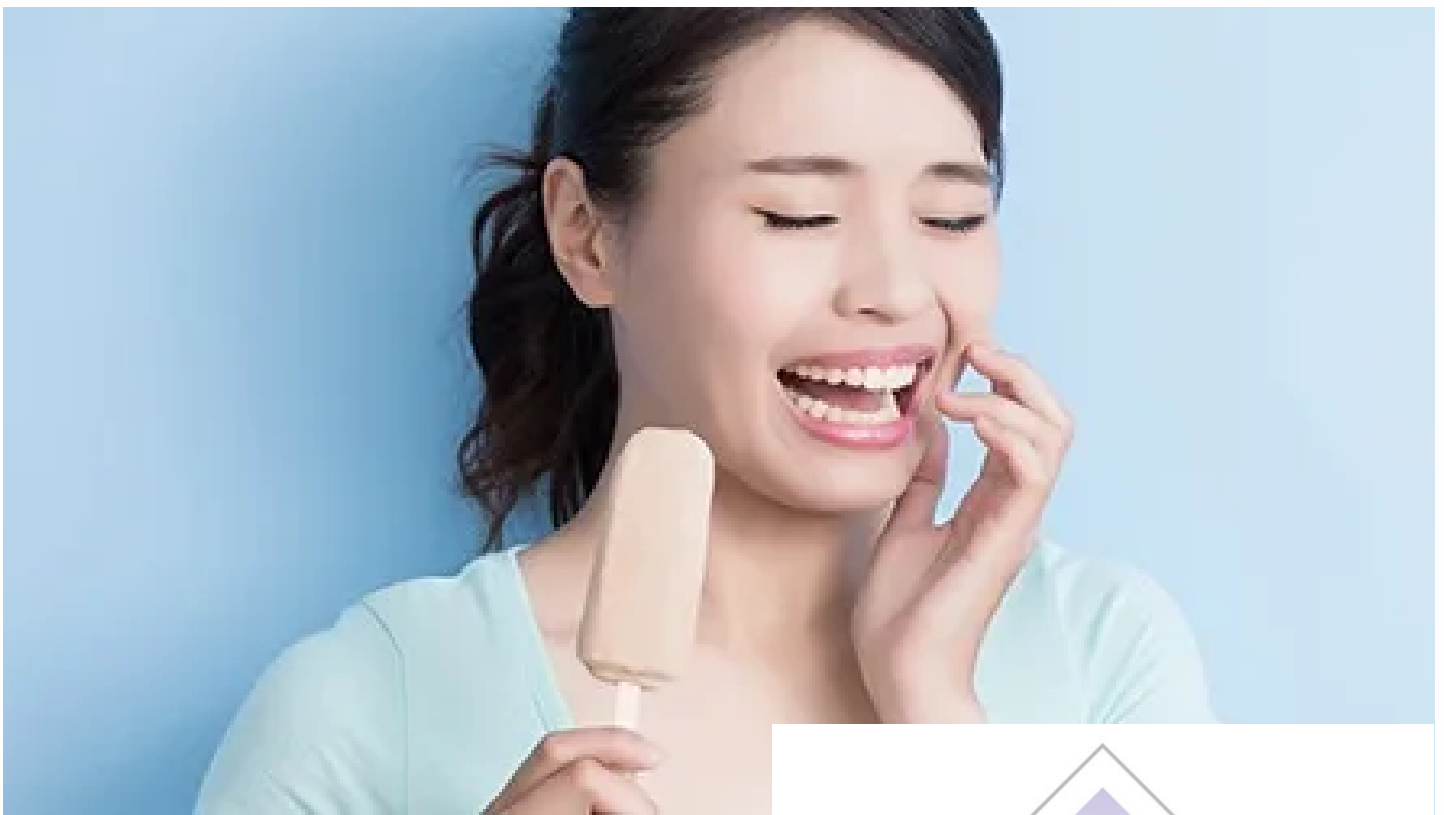


# TOOTH SENSITIVITY



**DENTAL RISK COMPANY**  
*"Dentistry at work"*

# Sensitivity of Teeth



## WHAT IS TEETH SENSITIVITY?

Pain and discomfort in teeth caused by cold, heat or percussion. It can be a temporary problem or chronic and it can be localized (affecting one tooth) or generalized (affecting 3 or more teeth).

## CAUSES OF SENSITIVITY.

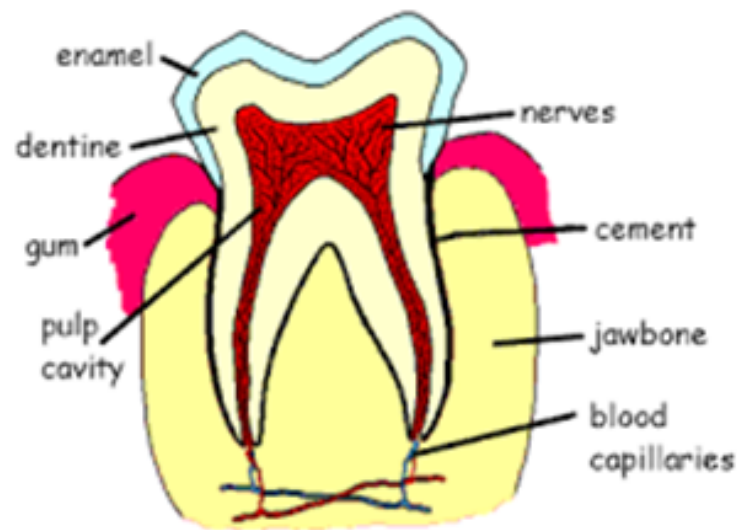
- Tooth wear: The wearing off of teeth outer protective layers (enamel and cementum) exposing the nerve endings within the dentin and pulp. Tooth wear is normally due to brushing teeth with a hard brush, high consumption of acidic foods/drinks or grinding of teeth.
- Stomach acid: Bulimic patients or patients with gastro-reflux disease.
- Carious lesions in teeth.
- Professional whitening of teeth.
- Pulpal infections.
- Gum disease.
- Fractured teeth.
- Sinusitis (sensitivity felt in upper molar teeth).
- Food impactions (e.g popcorn in gums, meat, mango etc.).
- Leaking fillings.
- Incorrect flossing methods resulting in trauma to the gums.
- Scale and polish ( However the sensitivity does not last long.

## SENSITIVITY TESTS.

- Cold test – blow air to suspected sensitivity site
- Heat pulp test – using a hot stick with current
- Percussion test – tapping teeth with a wooden stick or backside of dental mirror.
- Thermal testing:
  - uses application of either hot or cold stimuli to the tooth e.g. ethyl-chloride
  - checks the vitality of the tooth

## MANAGEMENT.

- Fluoride treatment by an Oral hygienist
- Desensitizing of teeth by an Oral hygienist/Dentist/Dental therapist
- Eliminate the cause (treatment of tooth wear/pulpal infections/caries by Dentist)
- Apply sensitivity toothpaste with your finger on the sensitive teeth, leave it for 15 minutes and then rinse with water.
- Visit your Dentist or Periodontist  
In severe cases where surgery is indicated.



## PREVENTION.

- Use a brush with soft bristles.
- Brush your teeth twice a day.
- Floss at least 4 times a week.
- Avoid acidic and sweet foods.
- Don't brush your teeth immediately after consuming anything acidic.
- Use fluoridated toothpaste and mouth rinse.

