

TOOTH SENSITIVITY?

You're not alone.
Approximately

40% of people may experience tooth sensitivity.

Tooth sensitivity might be the result of bigger underlying dental health conditions and might be aggravated by the following:



Cracked or broken tooth



Tooth grinding (Bruxism)



Brushing your teeth too hard



Gum disease



Ice cream and candies



Tea or coffee



Alcoholic beverages

To avoid experiencing tooth sensitivities, your dentist might suggest the following lifestyle changes:



Avoiding acidic and sweet foods which may lead to enamel erosion and tooth sensitivity over time. **Acidic foods may also include citrus fruits, pickled foods, and tomatoes.**



Flossing regularly to dislodge any food debris stuck in hard to reach areas between the teeth that may cause decay.



Brushing regularly to keep your teeth clean and healthy to prevent enamel erosion.

Some clinical treatment options for tooth sensitivities include:

Gum treatment to remove plaque and tartar build-up that may lead to gum disease and destruction of the tooth's bony support.

Mouthguard to protect against tooth grinding

Toothpaste formulated for sensitive teeth



Dental fillings to treat underlying decays

Root canal treatment in more serious cases of tooth sensitivity

Tooth sensitivity can be resolved by treating underlying dental problems. To manage your tooth sensitivity, **consult your dentist today!**

References:

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