

SENSITIVE TEETH?

Is that hot cup of coffee or bite of chocolate ice cream sometimes a painful experience for you? If so you may have sensitive teeth.

In healthy teeth, a layer of enamel protects the crowns of the teeth. When enamel is exposed below the gum line, dentin can be exposed as gums recede causing hypersensitivity.

Prolonged hypersensitivity can be addressed with a variety of treatments. Desensitizing tooth paste, fluoride gel, a surgical gum graft or root canal can solve this problem. A crown, inlay, or bonding are also great options.



There are many things you can do to prevent sensitive teeth. Brushing your teeth with a soft bristled toothbrush gently can help. If you grind your teeth, consider using a mouth guard at night. Avoiding acidic food can also help as acidic drinks and foods can wear your enamel over time.