

SENSITIVE TEETH

Sensitivity of teeth can be due to many reasons. Gum recession, decays, broken tooth, incorrect brushing or grinding and clenching. Whatever the cause, early detection can prevent expensive and unnecessary treatment.

Gum recession, where by the gum moves away from tooth, is the most common cause of sensitivity. This form of gum disease, when happens, exposes the root surface. The root surface is the most vulnerable surface of the tooth anatomy. It is vulnerable because, it is soft and has no enamel to protect it. Root surface when exposed can be easily attacked by acids from diet, gastric fluids from the stomach, bacteria and or plaque.

Gum recession is mainly due to too much build up of bacteria, plaque on the teeth and or incorrect brushing techniques.

To prevent sensitivity from gum recession;
Regular plaque removal by brushing
Use soft tooth brush, both manual or electric
Use correct brushing techniques
Regular check ups by dentist

Once the cause of the sensitivity is identified, commonly available dentifrice such as sensitive toothpaste and or demineralising paste can be used. Using these agents to help before the correct diagnoses can mask symptoms like decays and crack teeth, in turn prevent treatment of these more harmful causes of sensitivity.

Your awareness of any sensitivity is so vital in the early diagnosis of potential problems therefore this will assist in prevention of damage to your teeth and gums.