

Sensitive Teeth

There are numerous reasons for the external surfaces of the teeth to become sensitive to hot, cold, or touch. Among them are the following:

- Gums recede exposing the dentin, which has tiny nerve fibers in it.
- The teeth are repeatedly exposed to acid regurgitated from the stomach, attributed to conditions such as GERD (Gastroesophageal reflux disease).
- The teeth are exposed to acid from continual vomiting (bulimia).
- Aggressive tooth brushing over many years has worn slots in the surface of the teeth, exposing the dentin.
- Excessive eating of acidic foods such as pineapple and tomatoes.
- Excessive drinking of acidic carbonated soft drinks or fruit juices.
- Any other excessive and constant use of acidic foods or beverages.
- The teeth have been worn on their chewing (occlusal) surfaces by bruxism (grinding of the upper and lower teeth together and wearing the enamel off).

Teeth with sensitive external surfaces can be treated several ways including:

- Using a desensitizing toothpaste or other medicaments.
- Placing a coating of plastic material over the sensitive areas.
- Impregnating the tiny holes (dentinal canals) in the tooth with various chemicals to desensitize.
- Reduction or elimination of the offending reasons stated above that have caused the sensitivity.
- Placing restorations (fillings) in the sensitive teeth.

Depending on your treatment needs, we will advise you of the best alternative for your sensitive teeth.