

Caring for your ***SENSITIVE TEETH***



Common causes of Tooth Sensitivity

Tooth sensitivity is caused by worn out teeth enamel and exposed nerve endings. Common causes of tooth sensitivity include:

GUM PROBLEMS¹

Gum recession and periodontal (gum) disease can lead to tooth sensitivity. It is important to detect and treat them in the early stages.

TOO MUCH ORAL HYGIENE¹

Brushing your teeth too hard can cause sensitive teeth pain.

AGE³

Older people are more likely to have receding gums, which is a big cause of tooth sensitivity.



TEETH PROBLEMS¹

This may include tooth decay near the gum line, and damaged or cracked teeth.

TOOTH WHITENING PROCEDURES²

Tooth sensitivity is usually observed at the time of teeth whitening procedure and can last for one to two weeks.

ACIDIC FOODS¹

This may include lemons, tomatoes & oranges

References:

1. For the dental patient. Sensitive teeth: causes and treatment. J Am Dent Assoc. 2003 Dec;134(12):1691.
2. Jorgensen MG, et al. Incidence of tooth sensitivity after home whitening treatment. J Am Dent Assoc. 2002 Aug;133(8):1076-82.
3. Carvalho TS, et al. Age-related morphological, histological and functional changes in teeth. J Oral Rehabil. 2017 Apr;44(4):291-298

What causes Teeth Sensitivity ?

Cold sensations may trigger pain when in contact with the exposed areas of your teeth¹. This maybe because of:



References:
 1. For the dental patient. Sensitive teeth: causes and treatment. J Am Dent Assoc. 2003 Dec;134(12):1691.
 2. For the dental patient: preventing and treating tooth sensitivity. J Am Dent Assoc. 2013 Sep;144(9):1084.

Sensitive Teeth Relief

Some people have sensitive teeth, while others have teeth sensitive to whitening. If you have either kind of teeth sensitivity, learn how to reduce pain in your teeth. Here are some suggestions to help reduce pain due to sensitivity and help get your teeth and gums in good health:



AVOID THE DAILY GRIND¹

- Tooth grinding can lead to sensitive teeth.
- Chronic grinding can wear away enamel
- If you grind your teeth at night, talk to your dentist about a mouth guard.



CONTROL COFFEE AND TEA INTAKE^{2,3}

- Hot tea and coffee can annoy a sensitive tooth. If you drink several cups of coffee or tea daily:
 - reduce your daily intake
 - dilute your beverage



DON'T FORGET FLUORIDE^{2,4}

- Fluoride, especially Sodium Mono fluorophosphate which helps in re-mineralization.
- Use toothpaste & mouth rinses containing fluoride.



AVOID EXTREME TEMPERATURE WATER⁵

- Cold water irritates sensitive teeth.
- Try using warmer (but not hot) water while brushing your teeth.

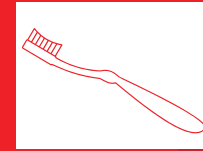


References:

1. ADA Division of Communications. For the dental patient... Do you grind your teeth? J Am Dent Assoc. 2005 Apr;136(4):559
2. For the dental patient. Sensitive teeth: causes and treatment. J Am Dent Assoc. 2003 Dec;134(12):1691.
3. Amaechi BT et al. Clinical Efficacy in Relieving Dentin Hypersensitivity of Nano-hydroxyapatite-containing Cream: A Randomized Controlled Trial. Open Dent J. 2018 Aug 31;12:572-585.
4. Darnile SG, et al. Evaluation of ability of dentifrices to remineralize artificial caries-like lesions. Dent Res J (Isfahan). 2010 Winter;7(1):12-7.
5. Powell LV et al. Sensitivity restored of Class V abrasion/erosion lesions. J Am Dent Assoc. 1990 Dec;121(6):694-6

Ways to prevent Sensitivity

- If you experience regular sensitivity, look for the best options to meet your needs.
- Choose oral care products specifically designed to treat sensitivity at its source-your gum line.
- Here are some ways you can manage or prevent teeth sensitivity



USE A SOFT TOOTHBRUSH¹



USE DESENSITIZING TOOTHPASTE¹



FLOSS BETWEEN YOUR TEETH¹



DON'T FORGET TO RINSE²

Post Scaling & Root planing Sensitivity

Scaling and root planing is a deep cleaning below the gumline used to treat gum disease. One can experience teeth sensitivity post treatment.

Follow below steps to prevent/treat sensitivity^{1,2}



BRUSH GENTLY



**USE MOUTH RINSE
AS PRESCRIBED BY
YOUR DENTIST**



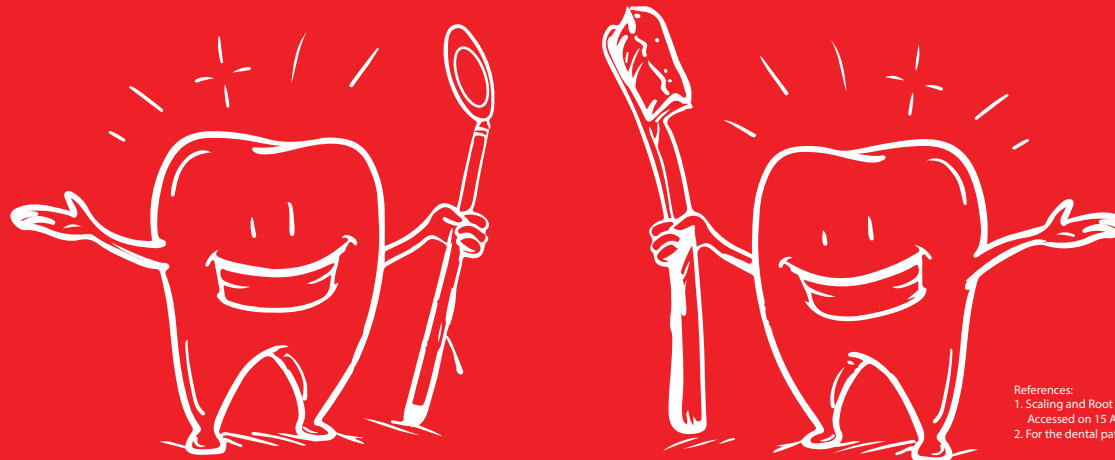
**USE WAX-COATED
FLOSS**



LIMIT SNACKS



**STAY ON TRACK
WITH DENTAL
APPOINTMENTS**



FA.S.T

Fostering Awareness in Sensitivity Treatment



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