

5 Top Tips for people with Sensitive Teeth

1. Make sure you are cleaning them properly.

A simple message but if bacteria and plaque build up on the teeth they produce acids and toxins that attack the teeth and gums. These acids can cause decay and make the teeth uncomfortable whilst the toxins can cause the gums to shrink away from the teeth making the situation worse. Always remember to clean your teeth.

2. Avoid acidic food and drink.

Certain foods contain a great deal of acid, examples are many types of fruit; oranges, lemons, apples etc which contain citric acid. Some fizzy drinks like Cola and Lemonade, alcoholic drinks like sparkling wines and drinks with mixers are also high in acid. Using a straw to drink through reduces the amount of liquid that goes onto the teeth and helps sensitive teeth.

3. Avoid extremes of Hot or Cold.

Sensitivity of teeth is believed to be due to movement of fluids along tiny tubes on the root surface. Extremes of hot or cold move the fluid in these tubes causing pain. The nerve is not actually exposed, but it can feel very uncomfortable. Luke warm drinks can usually be tolerated well.

4. Use a Sensitive Formula Toothpaste.

There are many good toothpastes that can help reduce sensitivity. It is often essential to use them for a few weeks to feel the effect and they work better if some of the toothpaste is rubbed into the area and left to soak in. Some mouthwashes which contain fluoride can also be helpful. Ask your dentist or hygienist for advice.

5. Have a Dental Examination.

Although sensitivity is often caused by the problems mentioned, there may be other reasons for the discomfort. It is always worth seeking professional advice in case there is some decay, a cracked tooth or broken filling. We will be pleased to discuss your needs and offer you tailored help and advice.