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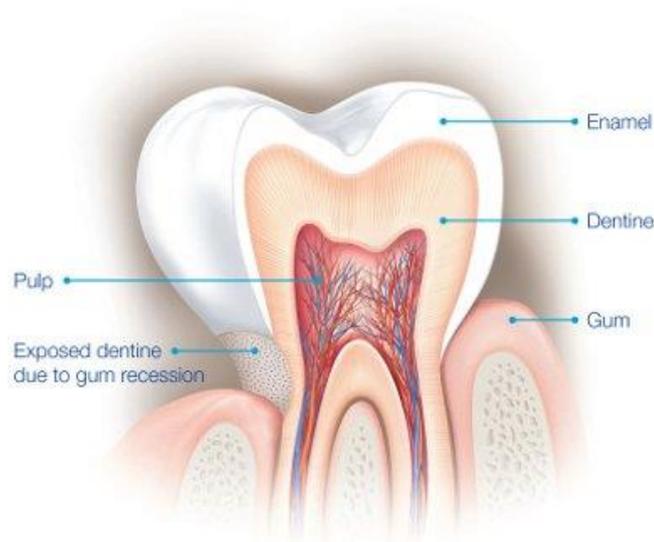
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TOOTH SENSITIVITY

Tooth sensitivity is the pain you may feel when you eat or drink hot or cold foods or drinks. You may also feel pain when you breathe in cold air.

Sensitivity can occur when gums pull away from the teeth or when gum tissue is lost. Gum loss can occur as a result of brushing too hard or not brushing and flossing regularly.

When gum loss occurs, the part of the tooth below the gum line can be exposed. This is called the tooth root. There are tiny tunnels that contain fluid and lead from the tooth root to the tooth's nerve centre. This nerve centre is called the pulp. When heat or cold touches these tunnels, the tooth fluid can excite the nerve, causing pain in your teeth.



Sensitivity can also happen if the tooth's hard surface layer, called enamel gets worn away. Tooth sensitivity can come and go, but ignoring it can lead to other health problems in your mouth.

WHAT ARE THE FACTORS THAT CAN CONTRIBUTE TO TOOTH SENSITIVITY?

- **brushing too hard or using a tooth brush with hard bristles** – this can cause gum loss
- **sugary and acidic foods and drinks** – soft drinks, fruit juices, and sugary snacks can contribute to cavities, which may cause sensitivity
- **teeth grinding** – this can wear down tooth surfaces
- **dental cleanings or treatments** – sensitivity can happen after dental cleanings or treatments like tooth whitening, usually going away shortly after treatment ends

HOW TO PREVENT SENSITIVITY

- **brush and floss your teeth twice a day to prevent gum loss** – be sure to clean all parts of your mouth, including between teeth and along the gum line
- **brush gently and use a toothbrush with soft bristles** – this will prevent gum loss and protect your enamel from being worn away
- **avoid acidic foods and drinks**

The information presented on this leaflet is only a summary of tooth sensitivity and should therefore be used only as a guide. It does not replace personal discussion with your dentist. Should you have any questions or concerns, do not hesitate to contact us for advice. Please call us on 9840 2963.