

Prevention of Tooth Sensitivity

What is tooth sensitivity?

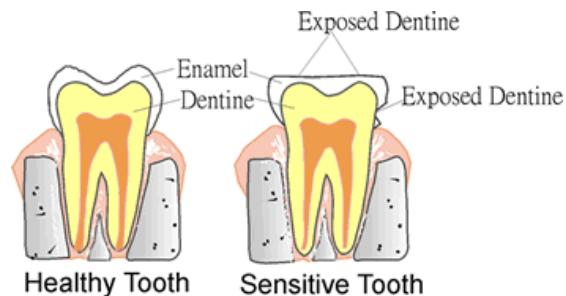
If you have no dental decay or pulpal inflammation, but your teeth are sensitive to hot, cold and sweet things or you experience a moment of sharp pain whenever you brush or floss your teeth, you have signs of tooth sensitivity.

Why is there tooth sensitivity?

Tooth sensitivity is mainly due to the exposure of the dentine of the teeth. If the outer layer of the teeth, enamel is:

- abraded by strong brushing force using a hard-bristled toothbrush
- eroded by the frequent ingestion of highly acidic food and beverages
- worn down by excessive tooth grinding

Then the enamel will no longer be protecting the dentine. The exposed dentine will become sensitive to any external stimuli.



How to manage tooth sensitivity?

Once tooth sensitivity is diagnosed, the dentist may, as he sees fit, apply certain medicament to the sensitive area or place a filling over the area or even construct a 'mouth guard' to rectify the sensitive condition.

Furthermore, using desensitizing toothpastes can help relieve 'tooth sensitivity'. But the dentist's opinion should be sought before purchasing or using these toothpastes.

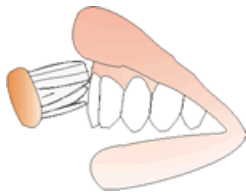
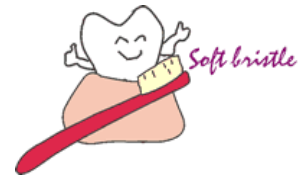
Apart from tooth sensitivity, there are other dental problems such as dental decay that give dental pain. Hence, for the real cause of dental pain, you must consult your dentist.

How to prevent tooth sensitivity?

To date, there is yet no definitive cure for tooth sensitivity, hence one must pay attention to the following points:

Use a proper toothbrushing technique

Choose a toothbrush with a small soft-bristled head. For an adult, it would be adequate to use a toothbrush with a head about 2cm long.



Grip the toothbrush gently with finger pressure. Hold it at an angle against the gum margin and thoroughly clean the surfaces that are closer to the cheeks and tongue respectively and biting surfaces of the teeth.

Avoid using excessive force during tooth brushing in order to prevent tooth abrasion and gum recession.



Develop a good dietary habit

Avoid eating or drinking highly acidic food and beverage like fruit juices, sports drinks, soft drinks, yoghurt, red and white wine etc. in order to prevent the teeth from being heavily eroded.

Avoid frequent chewing of hard food like bones, nuts etc.



Develop a healthy lifestyle

Have adequate sleep and physical exercise and stress so that tooth grinding can be



to release anxiety reduced.

Have routine dental check-up



Go for dental check-up every year. The dentist can give you the appropriate care as soon as tooth sensitivity is diagnosed.



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