

Sensitive Teeth

Sensitivity can be the result of multiple situations, but all comes down to covering root pores.

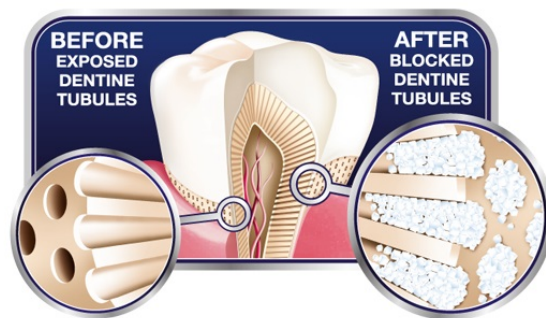
The dentin of the root structure begins life covered by gum tissue or enamel. As time goes on we can have recession that exposes the root. Roots are porous and allow air and cold water to move in and out of the tooth....this stimulates the core nerve or pulp of the tooth. This can be a painful feeling in many people. Years ago the blanket statement was "Brush with fluoride and it will eventually go away". This is only partly true. Years of research has shown that covering and closing the pores of the root will stop sensitivity. This research was largely completed at Stony Brook School of Dental Medicine and Dr. Stange himself had part in some of the experiments. The understanding is that when these pores are closed fluids cannot move in and out and hurt the nerves inside.

If teeth are sensitive we have to understand that local or global mouth conditions may be acidic.

Food and drink (external factors) will influence mouth PH. Eating **acidic foods** (for example citrus or tomato) or drinking acid containing liquids such as fruit juices or soft drinks. This **INCLUDES Sugar Free or Diet drinks** which usually have phosphoric or citric acids. Acids in the mouth will first manifest as sensitive teeth and if continual then we will find it progresses into decay.

How do we close the Porous Root Structure.

Minimize acidic foods and drinks. Increase flossing and plaque removal with an electric toothbrush USING PROPERLY selected toothpaste and or rinses for your oral conditions. Do not use Whitening toothpastes or Tartar Control toothpastes as they will have too much detergent for your mouth. While we want to remove plaque we do not want to overly remove calcium deposits as seen on the right side of the above photos. Toothpastes such as Sendodyne can help but only work while you are using it. It calms the tooth but does not fully help heal. Toothpastes with Calcium and Phosphate such as **Arm and Hammer** Brand can; a 3M toothpaste **ClinPro 5000** we prescribe works wonderfully well. Spry toothpaste with Fluoride can help as well. These toothpastes help push calcium back into the pores of the root and close down the tooth structure to painful cold liquids or air. Remineralizing the root surfaces takes time.



ClinPro5000 *Morning and Night*
for morning use



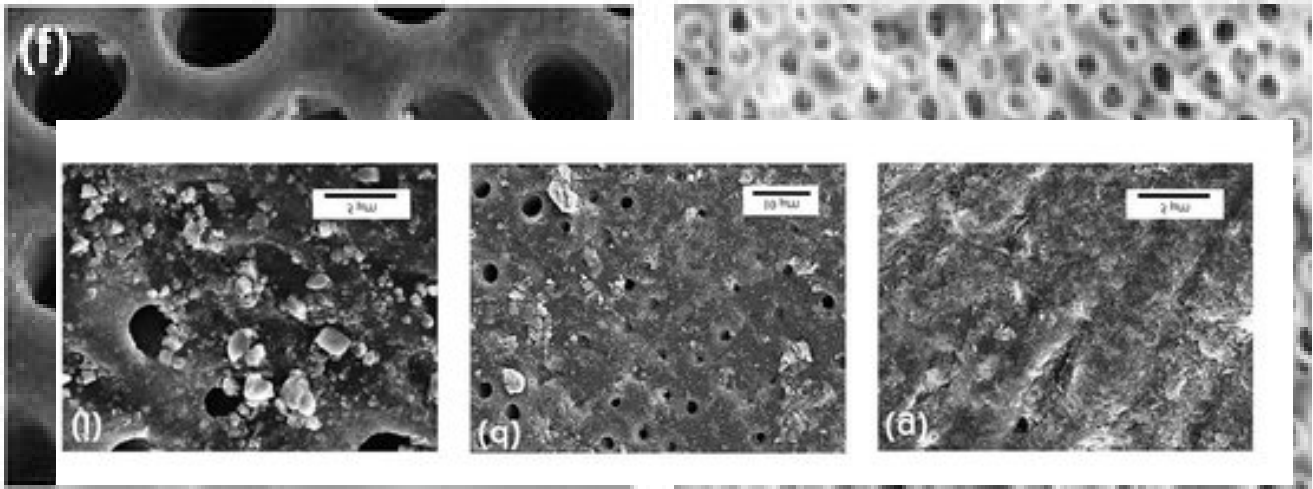
Spry with Fluoride *Morning and Night*



Sensodyne



Tooth Root Surfaces can be changed. **Acidic** foods will open pores; sensitivity and finally decay can follow.



Calcium in saliva, toothpastes and basic foods will help cover and close pores. When a new acid challenge occurs this process of opening will recur. Fluoride in addition to the repairing pastes mentioned above will help slow this process. Consistent caution in avoiding excess acids and the recommended toothpaste use can close and cure the sensitivity.

we see very porous root surfaces and covering these pores with calcium deposits

At times root coverage with a restoration is needed. We may choose a simple filling or at times a crown to cover the root. Depending on the situation time and proper oral conditions reverse sensitivity. These are part of the reasons we will polish teeth with a specially formulated paste and follow with fluoride gel application.