

# SENSITIVE TEETH

OCTOBER 2010

MORRELL DENTAL NEWSLETTER

*You take a drink of iced tea or slurp some hot soup and the electric stinging sensation in one or more of your teeth sends you flying out of your seat!*



## How to Care for Sensitive Teeth

### THINGS YOU'LL NEED

- Electric Toothbrush**
- Extra-soft Toothbrush**
- Mouthwash**
- Sensitive Teeth Toothpaste**
- Dental Floss**

If you have exposed root surfaces you may experience pain or sensitivity to cold or hot foods, cold air or when brushing. Sensitivity occurs when dentin (the middle layer of the tooth) is exposed.



The most common causes of sensitive teeth are excessive brushing, brushing too hard, untreated cavities, old fillings, exposed root surfaces, excessive tooth whitening and eating acidic foods such as a pineapple, oranges and green apples.

### HOW TO TREAT SENSITIVE TEETH

The first step to treating sensitive teeth is to visit us at [Morrell Dental](#). The Dr. or hygienist will determine what the most likely cause of your sensitivity is, and make a recommendation. We may recommend a special toothpaste or mouthwash, or the use of a special toothbrush.

You may need professional application of a desensitizing agent, or even a filling to corner an affected area. Extreme sensitivity may indicate a more serious problem requiring more extensive treatment. Whatever the cause- you don't have to live with painful teeth. In most cases there is a solution that will work for you.

If you have a problem with sensitivity, try the following: avoid tartar control toothpastes, use caution with very acidic

Use a toothbrush with extra soft bristles, and do not brush horizontally, which exposes tooth roots.

foods, wine & sour fruit juices. Drink water along with these to lessen the acidity, which may help alleviate the problem. Brush thoroughly but gently and use a soft toothbrush or electric toothbrush.



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