

SENSITIVE ROOT SURFACES

Many people experience sensitivity to cold, hot, or sweets only on the exposed root surfaces of the teeth. This is caused by root surfaces that are exposed after the gums recede. These roots are softer and more porous than the harder enamel. Physical and chemical wear must be avoided to prevent sensitivity.

Wear and sensitivity can be caused by:

1. Acidic foods or drinks such as citrus fruits (lemons, grapefruits, oranges)
2. Medium or hard toothbrushes.
3. Abrasive toothpastes such as Baking soda, Pearl Drops or Topol.

Treatment includes:

1. Decreasing the amount of acidic foods / drinks.
2. Using a soft toothbrush only.
3. Using a toothpaste for sensitive teeth such as Denquel. It will take 2-3 weeks of use to notice results. This can work for mild sensitivity.
4. Using a prescription fluoride toothpaste called Prevident 5000 that we carry in the office. This can work for moderate sensitivity.
5. Using a bonded plastic coating over the sensitive area. This works for localized severe sensitivity.