

## Causes and Treatment of Teeth Sensitivity

Teeth sensitivity is a common discomfort to the teeth. It is usually triggered by cell stimulation in the small tubes found in the dentin. The dentin is the layer of tissue that is located underneath the hard tooth enamel containing the inner pulp. A person experiences teeth sensitivity if the tooth enamel is worn down or if the gums have receded exposing the small tubes containing the cells, which when stimulated causes pain. Both cold and hot foods and beverages, touching the tooth and exposure to cold air can trigger a toothache.

Extreme changes in temperature can also cause the hard enamel to crack. Although the cracks are very small, hot and cold sensations can escape into the cracks to the nerves. Teeth sensitivity is also the most frequent problem with dental patients. To prevent teeth sensitivity, it is best to choose the proper toothpaste. There are toothpastes that have abrasive elements that can be harsh for sensitive teeth. One of these abrasive elements is sodium pyrophosphate that is present in whitening toothpastes. Anti-tartar toothpaste can also be very harsh to sensitive teeth because of its contents.

Teeth sensitivity can be avoided by using desensitizing toothpastes and by applying sealants on the cracks of your teeth. Ask your dentist what desensitizing toothpaste they can recommend. A licensed dentist may also apply fillings with fluoride to the cracks of the teeth. Additionally, lesser intake of acidic foods can also prevent teeth sensitivity. It is also advisable to use a toothbrush with soft bristles to prevent the root surface of the teeth from wearing down. Also brushing the teeth gently can lessen teeth sensitivity. One way to check if you are brushing your teeth gently as you should is to look at the bristles of your toothbrush. If they are pointed at different directions, it means that you are brushing your teeth hard.

If you are experiencing teeth sensitivity for more than four days and it has become unbearable, it is best to visit a dentist. A professional evaluation and diagnosis is necessary to determine the severity of teeth sensitivity. Afterwards, you may seek professional treatment to get rid of the pain. Self-medication is not recommended because it could only worsen the condition.

Symptoms of teeth sensitivity can be very similar to symptoms of tooth decay and abscess so regular visits to the dentist is important. Some people think that they are only suffering from teeth sensitivity and then find out that they already have tooth decay or abscess, which is often not visible. The best way to prevent any of these is to brush your teeth three times a day and visit the dentist every 6 months for regular cleanings and check-ups.

## About the Author

Anthony Stai is a proud contributing author and writes articles on several Dental related topics including dental plans. You can see more of Anthony's other articles on his [Self-Improvement eBooks](http://www.self-improvementresources.com) informational web site located at <http://www.self-improvementresources.com>

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