

## Health Advice

### How can I reduce the pain of sensitive teeth?

Sensitive teeth are caused when the dentine, the layer of the tooth beneath the enamel, becomes exposed. Bacteria then enter the pulp, the live part of the tooth, which becomes inflamed, resulting in the tooth becoming sensitive.

To stop the teeth being sensitive, it may be necessary to seal the sensitive dentine with one or a combination of:

- a filling
- a dentine sealant
- a concentrated fluoride varnish

The type of treatment required depends on your specific problem - your dentist will advise you.

### Preventing tooth sensitivity

The following tips will help prevent sensitive teeth developing:

- Effective cleaning to remove acidic plaque
- Gentle use of a soft toothbrush to prevent wear
- Use of a toothpaste containing fluoride
- Reduction of acid in the diet e.g. fizzy drinks, citrus fruits, wine, vinegar, pickled foods, salad
- Investigate if tooth grinding is a factor

If you have sensitive teeth, The Lansdowne Centre can help you.