



Paramount Dental Sydney

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# Teeth Sensitivity

**Sensitive teeth is a common problem and can be fixed, so please don't increase the number of days you are in pain.**

## About

When the enamel on your teeth wear away, a sensitive layer of living tissue called 'dentin' become exposed which stimulates the nerves in your teeth, causing a sharp pain when you eat something very cold or drink something very hot.

## Causes

The common causes of sensitive teeth include: Brushing your teeth too hard, Too many acidic/sugary foods and drinks, Receding gums, Grinding your teeth and Tooth decay.

## Treatment

You can use a desensitising toothpaste, however if there is no noticeable improvement after a few weeks, a check up is recommended.

We often begin by applying a fluoride gel or special desensitising agents directly to the affected teeth. Treatment can sometimes be simple, however when the problem is being caused by tooth decay or receding gums, a more robust treatment is necessary.