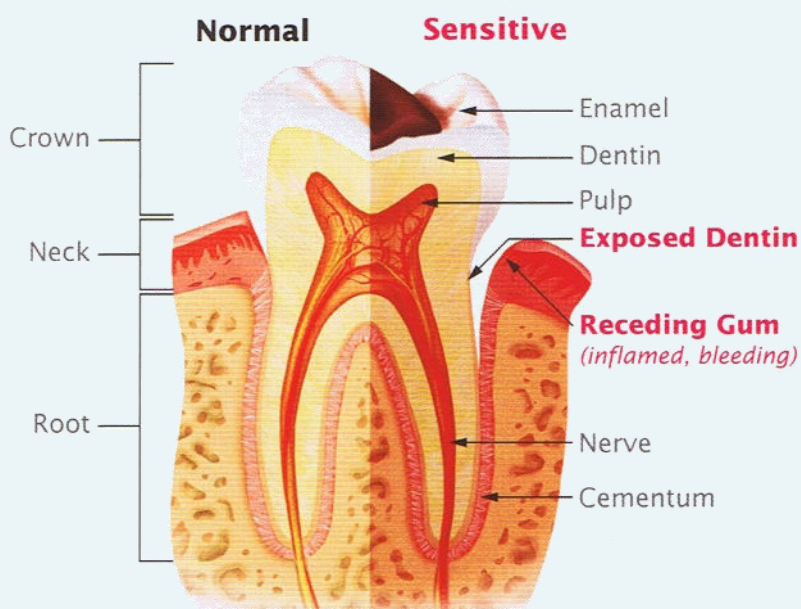


# TOOTH SENSITIVITY



Teeth sensitivity results from the exposure of dentin, the layer just under the enamel of the teeth. The causes are over-brushing, incorrect brushes, small cracks in tooth, worn enamel, and receded gums. Receded gums result in exposing microscopic tubules, little holes leading from the dentin direct to the sensitive pulp tissue at the tooth center. It might well be that at first you don't feel any pain until the tiny tubules come into contact with air, cold, heat, sugar and these stimuli transmit signals to the pulp and...Bingo! This can create shock waves of pain. This sensation disappears as soon as the stimulus is removed, unlike a constant pounding of a toothache.

When your teeth are sensitive, use toothpastes with natural herbal ingredients and essential oils. Also, avoid extreme hot and cold temperatures and never drink "ice cold" drinks from the fridge. Try to limit acidic food, drinks and sweets since the acid can eat away at your tooth's enamel and prevent your tooth's natural healing process.



Ask Dr. Ilona Fotek, how can she help with your tooth sensitivity discomfort.

*"The information provided on this site is not intended as medical or dental advice and should not be interpreted as such. The intent is to provide as much scientific information as possible on different dental materials and aspects of dentistry where controversy exists and scientific clarification would be of benefit to patients, staff, dentists, physicians and scientists in making informed judgements. If you seek medical or dental advice, please consult with a health care professional. You must always exercise your own best judgement when using the services of any health care practitioner."*