

## Sensitive teeth- causes and treatment

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### Abstract

**Tooth sensitivity is a common dental problem that involves discomfort or pain in teeth when encountering certain substances and temperatures. People notice the pain is aggravated after a bite of ice cream or spoon of hot soup intake. The tooth sensitivity otherwise called as 'Dentin Hypersensitivity'; the Dentin hypersensitivity is not a perineal problem and it is easily rectified by the regular oral hygiene method.**

**Keywords:** Tooth sensitivity, Cavities, Brushing, Treatment.

*Accepted on July 27<sup>th</sup>, 2020*

### Mini Review

**Causes:** The most common symptom may be a sudden, sharp flash of pain when teeth are exposed to air, cold, sweet, acidic or hot foods. Some people may experience tooth sensitivity from brushing or flossing their teeth.

Possible causes include:

- Tooth decay (cavities)
- Fractured teeth
- Worn fillings
- Gum disease
- Worn tooth enamel
- Exposed tooth root

In healthy teeth, a layer of enamel protects the crowns of your teeth—the part above the gum line. Under the gum line a layer called cementum protects the basis. Underneath both the enamel and therefore the cementum is dentin.

Dentin is a smaller amount dense than enamel and cementum and contains microscopic tubules (small hollow tubes or canals). When dentin loses its protective covering of enamel or cementum these tubules allow heat and cold or acidic or sticky foods to achieve the nerves and cells inside the tooth. Dentin may also be exposed when gums recede. The result can be hypersensitivity.

Some of the other causes would be,

- Long-term use of mouthwash. Some over-the-counter mouthwashes contain acids. If dentin is exposed, the acids can make existing tooth sensitivity worse and also further damage the dentin layer. There are neutral fluoride mouthwashes available that might be a better option.
- Acidic foods. These can encourage enamel reduction.
- Dental procedures. Teeth could also be sensitive after professional cleaning, root planing, crown replacement and other tooth restoration procedures. Usually the pain will disappear in four to 6 weeks.

Sensitive teeth can be treated. The type of treatment will depend upon what's causing the sensitivity

- Desensitizing toothpaste. This contains compounds that help block transmission of sensation from the tooth surface to the nerve, and typically requires several applications before the sensitivity is reduced.

- Fluoride gel. An in-office technique which strengthens enamel and reduces the transmission of sensations.
- A crown, inlay or bonding. These could also be used to correct a flaw or decay that leads to sensitivity.
- Surgical gum graft. If gum tissue has been lost from the basis, this may protect the basis and reduce sensitivity.
- Root canal. If sensitivity is severe and protracted and can't be treated by other means, your dentist may recommend this treatment to eliminate the matter.

Follow these tips to help care for your sensitive teeth.

- Brush and floss regularly Good oral hygiene can help prevent conditions which will cause sensitivity, like receding gums.
- Don't brush too hard or too often Brushing overly aggressively

or more frequently than your dentist recommends can contribute to gum recession and wear your enamel. Over time, receding gums and enamel loss can cause exposed dentine and tooth sensitivity.

- Use a softer toothbrush A softer toothbrush can help to reduce the effects of aggressive brushing and help to protect your enamel.
- Use sensitivity toothpaste Sensitivity toothpastes, like those within the Sensodyne range, can provide daily relief from sensitivity when used twice each day.

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