



## Tooth Sensitivity

### The Cause:

- The dentine, which is the layer of the tooth beneath the enamel, becomes exposed.
- Bacteria enter the pulp, the live part of the tooth.
- The pulp becomes inflamed.
- Ouch! The sensitivity begins.

### Treatment:

To sea; the sensitive dentine with either:-

- A filling.
- A dentine sealant.
- A concentrated fluoride varnish.

### Prevention:

- 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 and wine.