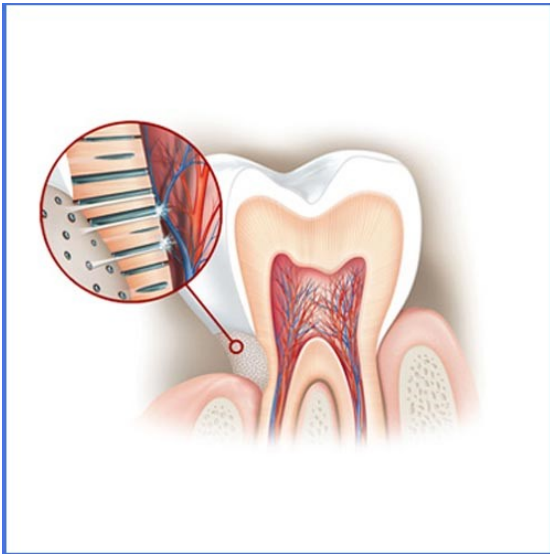
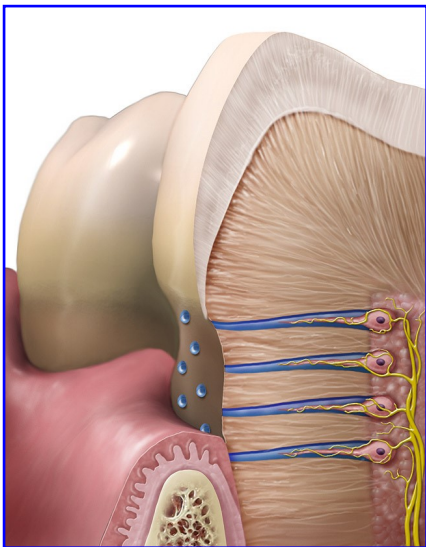


UNTREATED ROOT SENSITIVITY



The enamel coating along the root surface can be easily removed exposing open tubules that excite the nerve and cause very sensitive teeth.

TREATED ROOT SENSITIVITY



An enlarged view shows the blocked tubules on the exposed root surface. This can reduce or eliminate pain. Ask us about some solutions to this problem!

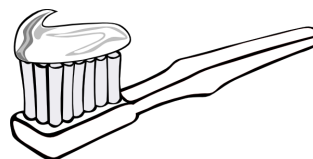
Regular Dental Check-Ups

Regular dental check-ups are an important part of any good prevention program. Your dental check up at **King Street Dental** allows us to detect problems when they are small, in order to keep them from becoming worse. Regular dental cleanings remove plaque and tartar build up around teeth which cause tooth decay and gum disease. For children, regular check ups allow us to monitor the growth of their teeth and jaws and treat potential orthodontic problems before they become major ones. For patients of all ages, regular dental check ups allow us to monitor the wear on existing fillings, replacing those which are worn out before they begin to break down and allow the tooth underneath to decay.

From reviewing current dental literature and from our own clinical observations, we feel that a policy of semi-annual check-ups, adopted by the Canadian Dental Association, provides a good preventive program for our patients. Some patients need more frequent monitoring, some less, but the semi annual dental check up is designed to prevent costly long term dental problems and enhance your overall oral health.

Tooth decay and gum disease can be prevented. **King Street Dental** can help you reduce tooth decay with some easy techniques involving regular care under our guidance.

Gum disease has been linked to other health problems such as diabetes, osteoporosis, respiratory diseases and premature and under weight births. Healthy gums can help to keep you healthy. **Gum disease is not just a dental problem.**



Sensitive Teeth & What They Can Mean To Me

About 1 in every 7 people suffer from sensitive teeth

Find out how we can help you control this problem!

600 King Street East Suite 18
Oshawa, Ontario L1H 1G6

Telephone: (905) 404-8009

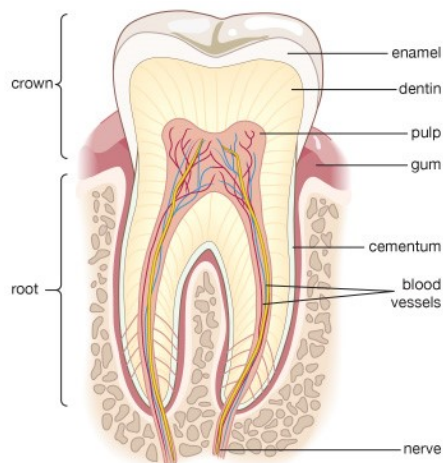
Fax: (905) 404-9273

E-mail: ksd@live.ca

What is Tooth Sensitivity?

In order to understand tooth sensitivity, we must first understand a little bit about the structure of our teeth. A hard coating called enamel protects teeth. Enamel is very thick near the biting surface of our teeth but tends to thin out along the gum line. An enamel like material called cementum also protects the roots of our teeth.

Dentin is found beneath the outer layers of our teeth and roots. It is a very sensitive layer, filled with millions of pores or channels, each containing a small nerve ending.



Teeth will become sensitive once the enamel or cementum is removed and the dentin is exposed. Enamel or cementum can be worn away, especially in areas where the gums have receded. Your tooth cannot grow or form any more enamel or cementum.

Hot or cold foods or drinks, cold air, sweet or sour foods or even the bristles of your toothbrush can all cause pain. If pain occurs, it is important to see Dr. Lazare at **King Street Dental** to determine if there is a hole in your tooth or if you are suffering from tooth sensitivity.

About 1 in Every 7 People Suffer From Sensitive Teeth

Sensitive teeth are a common problem. The best management is to determine the cause of the discomfort and begin treatment immediately. Teeth may be sensitive for a number of other reasons including tooth decay, cracked or broken fillings or abscessed teeth. Each of these problems demand attention and avoiding treatment may cause further problems.

How Do You Develop Sensitive Teeth?

Toothbrush Abrasion

Improper brushing may wear away the protective enamel or cementum layers, exposing the sensitive dentin. Toothpaste is abrasive and combined with incorrect brushing, can cause excessive wear of your teeth and gums.

Dietary Acids

Citrus fruits, carbonated beverages and most citrus fruit drinks are high in dietary acids. Frequent consumption can soften the enamel and cementum on your teeth, putting them at greater risk of damage from toothbrush abrasion.

Improper Home Care

If you don't clean your teeth properly (brush and floss regularly) plaque can build up. Plaque can inflame the gum tissue causing it to recede and expose the sensitive part of the tooth.

Tartar Build Up

If plaque is not continuously cleaned away from around the tooth, it will harden or calcify into tartar. Bacteria trapped beneath the tartar will destroy enamel and cementum. Even professional cleanings may remove tooth surface along with the tartar causing sensitivity.

What Can You Do If You Have Sensitive Teeth?

Tooth sensitivity is treated by trying to seal the thin areas of enamel and exposed root surface. There are a number of things we recommend to help you treat this problem:

Brush Regularly

We recommend using a soft toothbrush and fluoride containing toothpaste. Regular brushing will help keep the teeth free of food particles and the gums healthy. Vigorous brushing will remove any coating that we may place on the tooth surface. **Brush regularly and brush gently.**

Flossing and Other Home Care Techniques

Flossing and other techniques to keep your teeth and gums clean are most important in this situation. A further build up of plaque and tartar will only aggravate the tooth's sensitivity.

Apply a Small Coating of Toothpaste

After you brush, place a small dab of toothpaste (we recommend Sensodyne Rapid Relief) on those areas that are sensitive. This should be left in place for at least 5 minutes to allow the tooth surface to absorb the fluoride.

Fluoride Varnish Coating

In our office, we can apply a thin fluoride coating to the tooth surface. This will seal the tooth surface temporarily and provide you with some relief. This varnish, along with your home care program, will help to create a strong, long term seal. We may need to put on a series of coatings in order to completely seal the tooth surface.

Bonding a Plastic Seal to the Tooth Surface

One of the new techniques for helping secure your fillings to your teeth is also useful in treating tooth sensitivity. We can bond a clear plastic coating to the area, which will help to seal the tooth surface.