

Anxiety Free Dental Care

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What causes sensitivity?

When your dentist has eliminated other dental issues that may cause discomfort, the sensitivity could be from worn tooth enamel or an exposed tooth root. Enamel and cementum are the protective layers of your teeth. Enamel is the strongest substance in your body and protects healthy teeth above the gum line while cementum protects your teeth under the gum line. Underneath these layers is a less dense part of the tooth called dentin. When the dentin is not protected, the many microscopic tubules (small hollow tubes) are exposed to heat, cold, and foods that stimulated the nerves causing sensitivity and discomfort. This does not cause permanent damage to your teeth.

Treatment

Sensitivity can be treated by using different methods such as desensitizing toothpaste, fluoride gel, or sealing agents. Desensitizing toothpaste helps block sensations from transmitting from the tooth surface to the nerve. Fluoride gels strengthen tooth enamel, sealing agents, usually composed of plastic material, can be bonded to the tooth to protect the dentin.