

Tooth Sensitivity and What You Should Know About It

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So you wake up in the morning with a sore tooth? This might be accompanied by a general feeling of discomfort. You probably have tooth sensitivity, which is when your teeth are sensitive to hot or cold foods and liquids. The causes of tooth sensitivity are diverse, so it's important to know how to treat it and when to see your dentist. That being said, here's what you need to know about tooth sensitivity.

What is Tooth Sensitivity?

Tooth sensitivity is when a tooth becomes very sensitive to stimuli such as heat, cold, acid, sweets or other irritants. This can lead to difficulty in eating and drinking for many people. There is no permanent damage if the sensitivity subsides with time and patience.

Why Does a Person Develop Tooth Sensitivity?

There are many reasons why a person may develop tooth sensitivity. Some of the causes are: an accumulation of plaque and tartar on the teeth, cavities within the tooth, or receding gums. These conditions can cause pain when eating hard foods such as apples, nuts, or even crunchy carrots.

The Nature of Tooth Sensitivity Symptoms

Tooth sensitivity is often caused by the exposure of teeth to an irritant such as cold or heat, or due to acid erosion. It can also be a result of dry mouth syndrome or gum disease. Sensitivity can manifest itself in the form of toothpaste sensitivity, a response to certain foods, staining, and pain. Brushing your teeth with a fluoride toothpaste will help reduce the risk of sensitivity by strengthening enamel and remineralizing areas that have been damaged.

How to Deal With Tooth Sensitivity

Tooth sensitivity is not just a minor inconvenience, it can be painful. If you are experiencing this problem, you need to take care of your teeth and gums. You should brush your teeth twice a day, floss once a day, and use mouthwash in order to prevent the problem from occurring. You should also talk to your dentist about any problems that come up such as infected teeth or gum disease.

Conclusion

In summary, tooth sensitivity is an issue that affects a lot of people. It can be caused by a variety of things and it can have many different symptoms. The best way to prevent tooth sensitivity is by maintaining good oral hygiene and practicing good dental habits.

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