

# TOOTH SENSITIVITY



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## U DENTAL PATIENT INFO: EMPOWERING YOU ON MAKING DECISION

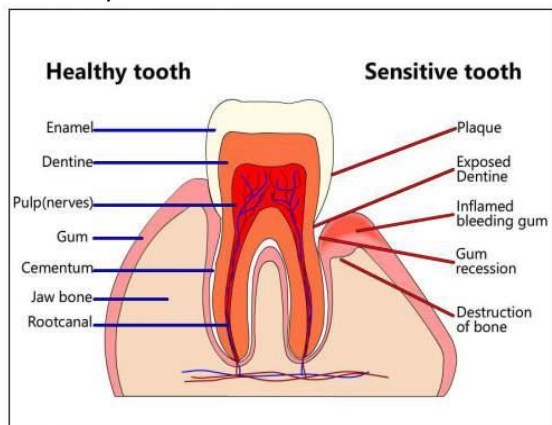
### STEPS FOR RELIEVING TEETH SENSITIVITY:

- Consult your dentist for treatment.
- Use recommended sensitive toothpaste that relieves tooth sensitivity as well as works softly on tooth enamel and gums.
- Use an extra soft toothbrush with rounded-end bristles to clean tooth gently which helps to protect sensitive teeth and gums.

### HOW DO YOU KNOW IF YOU SUFFERED FROM TEETH SENSITIVITY?

Your teeth suffered from pain or discomfort when you

- Eat or drink hot foods
- Eat or drink cold foods
- Eat sour (acidic) foods
- Brush your teeth



### WHY DO YOU SUFFERED FROM TEETH SENSITIVITY?

It usually occurs as gum recess and the part that suffered from sensitivity known as dentine or root surface. The exposing dentine are connected to nerve fibers, which results in pain as stimulated by heat, cold or touch.



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