



Jamie Costello



Personal Rank **5**

articles **6** comments **0** ratings **0** read **0%** time **00:01:23**

4 Reasons Why Your Teeth Might Feel Sensitive

Whilst having sensitive teeth is a very common issue, it can be the indicator of more serious underlying problems. Sensitivity in the teeth is usually a result of damage to the enamel, a protective surface on the tooth. Without enamel, the nerves in your teeth are exposed, causing sensitivity. Have a read on to find out some of the most common causes of enamel damage and hopefully some changes to your routine could help to relieve your sensitivity.

Consuming Acidic Food and Drink

Acidic foods and drinks, such as chocolate, fruit juices and fizzy drinks, can damage your enamel and weaken your gums. It is important to try and limit your intake of these items, as they can cause serious and long-lasting damage to your teeth. If you are consuming these foods, it is important to use a straw for the drinks when possible. Also, do not brush your teeth straight after consuming them as this will only cause more damage. Aim to brush your teeth about 30 minutes after consumption, as anything sooner will further damage the enamel when it is at its weakest.

Not Brushing Your Teeth Properly

Brushing your teeth too hard can cause friction, leading to the wearing of your enamel. The best thing to do is to use an electric toothbrush and simply place your brush over each tooth and let it do the work. Make sure you are flossing afterwards in order to remove any plaque buildup which can also contribute to tooth decay. Change your toothbrush head every 3 months and you'll be good to go! If you notice you need to change it more often than this, it is likely that you are pressing too hard.

Poor Dental Products

If you opt for the cheapest toothpaste available, it is unlikely that your teeth will be getting the level of protection they need. There are toothpastes available that can act as a remedy to issues causing sensitive teeth. Looking for toothpastes that contain fluoride is your best option as they will help to strengthen your enamel. Whilst it may be tempting to go for whitening toothpastes, prioritise protecting your teeth first.

Grinding Your Teeth

If you grind your teeth, either in the day time or unknowingly at night, the grinding action can cause enamel to wear. If someone has noticed that you grind your teeth, and you are feeling sensitivity, this is definitely something you should discuss with your dentist. They might give you a mouthguard to wear overnight in order to stop the grinding which will help to protect your enamel. Grinding your teeth can be caused by stress, so try to eliminate any unnecessary stress and this could help to relieve the issue.

Summary

Whilst making changes to your dental routine can help to relieve symptoms of sensitivity, it could indicate more severe issues that should always be looked at by a professional. It is advisable to see a dentist Warrington-based in order to access the best possible treatment and to avoid any more permanent damage.