

Useful Resources

Management of Dentinal Hypersensitivity
Patient Counseling and Plaque Control



**Management of Dentinal Hypersensitivity
Patient Counseling and Plaque Control**

Tooth Brushing



When: Do not brush immediately after consuming acidic foods/beverages.



How to Brush: Reduction of force and alternate grasp of toothbrush handle may be beneficial.



Type of Toothbrush:
- Multitufted
- Soft monofilament nylon recommended



Product Use



Chemical—Sensitivity Protection Dentifrice

The use of a sensitivity protection dentifrice containing potassium nitrate, has demonstrated a reduction in tooth sensitivity.

Diet



Various foods and beverages can exacerbate sensitive teeth. Some examples are oranges, apples, grapefruits, and lemons, in addition to the acid content in other foods and beverages such as yogurt and red/white wine.



Physical—Composite Resins and Varnishes

Resins and varnishes can be applied to block tubules.

For Additional Reading:
Muzzin K: Dentinal Hypersensitivity,
Dental Hyg News. 7(2):21, 1994.

Credit:

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