

Your at-home sensitivity relief routine

Sensitive teeth happen when the softer **dentine** beneath your enamel becomes exposed, often through gum recession, enamel wear or acidic drinks. These steps help to calm the sensitivity down while we find and treat the underlying cause.

THE TOOTHPASTE ROUTINE: TWICE A DAY, FOR A COUPLE OF WEEKS

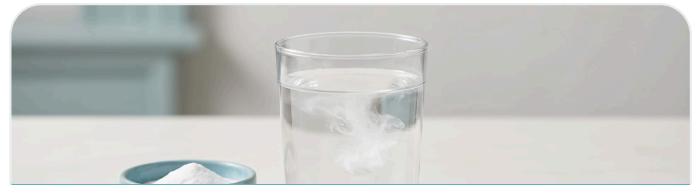
- 1 Brush thoroughly with **Colgate Sensitive Pro-Relief (CSPR)**, our preferred everyday toothpaste for sensitivity. It puts an immediate protective coating on the tooth surface.
- 2 Spit out the excess, but **do not rinse** your mouth.
- 3 With a clean finger, rub a small amount of the toothpaste directly onto the sensitive spots for about **20 seconds**.
- 4 Leave it in place without rinsing, so the active ingredients have longer to seal the exposed dentine.

Also worth knowing: avoid whitening toothpastes while sensitivity settles, as their polishing particles can wear enamel further. For ongoing root surface sensitivity or a higher decay risk, ask us about **NeutraFluor 5000**, a higher-strength fluoride toothpaste we often pair with CSPR.



Go easy on acidic drinks

- Soft drinks, energy drinks, fruit juices, lemon water, apple cider vinegar, wine and sparkling wine all strip exposed root surfaces.
- If you do have one, **drink it reasonably quickly** rather than sipping it over an hour. A straw helps too.
- Wait at least **30 minutes before brushing** afterwards; acid temporarily softens the tooth surface.



Bicarb soda rinse after acid

- After an acidic drink or a reflux episode, rinse with a bicarb soda solution to neutralise the acid straight away.
- **Rinse and spit it out. Never swallow it.**
- Especially helpful if you have a **dry mouth**, whether from dehydration or from medications that reduce saliva.

RELIEF AT HOME IS HALF THE PICTURE

Tooth sensitivity has an underlying cause, such as gum recession, enamel wear or acid erosion, and finding it is what stops the problem coming back. For spots that stay sensitive, sealants or fillings can offer more lasting protection than toothpaste alone. Mention it at your next visit, or call us on **(07) 3281 6666**.