

How Can Non-Oral Health Professionals Help Manage Dentine Hypersensitivity?

Oral Health



Overall Health

WHY IT MATTERS

Dentine hypersensitivity is common and impacts daily life
It can lead to:



Pain when eating or drinking



Reduced quality of life



Difficulty maintaining good oral hygiene

What Is Dentine Hypersensitivity?

- Short, sharp tooth pain from exposed dentine.
- Occurs when enamel is worn or gums recede.
- Pain is triggered and temporary.

Common Causes & Risk Factors

Common Causes



Enamel erosion (acidic diet)



Gum recession



Oral piercings

Risk Factors

- ✗ Aggressive brushing
- ✗ Frequent acidic foods/drinks
- ✗ Teeth grinding (bruxism)
- ✗ Gum disease or treatment
- ✗ Smoking

Recommendations for Prevention & Care

To reduce sensitivity, advise patients to:

Brushing: Use a soft toothbrush and gentle circular technique.

Toothpaste: Use desensitising toothpaste regularly.

Diet: Limit acidic and sugary foods/drinks.

Dental care: Attend regular dental check-ups.

Habits: Avoid overbrushing and grinding triggers.

The 5-Step Framework:

1

Ask About

Pain triggers, diet, oral hygiene habits

2

Look for

- Receding gums
- Worn or eroded teeth
- Signs of aggressive brushing
- Visible plaque

3

Decide

Could it be sensitivity or another condition? Should the patient be referred to a dentist?

4

Act

Provide advice about brushing and reassurance, recommend regular check ups

5

Document

Record symptoms and risk factors

Learn More

fdiworlddental.org/educational-module-other-healthcare-professionals