

New York Dentist Offers Tips on How to Deal with “Sensitive Teeth”

Greenwich Village dentist, Dr. Charles Puglisi, says that, if you suffer from sensitive teeth, you're not alone.

NEW YORK, NEW YORK, UNITED STATES, November 7, 2014 /EINPresswire.com/ -- For anyone who suffers from [sensitive teeth](#), the thought of having a hot coffee or a cold Popsicle, likely makes them cringe. In fact, Dr. Charles Puglisi, DMD, F.A.G.D., (www.drpuglisi.com) a popular [Manhattan dentist](#) based in Greenwich Village, says that meals can be downright miserable for those with sensitive teeth. Unfortunately, he says that sensitivity to foods and beverages is quite common.

“According to a recent study published in the Journal of the American Dental Association, one in eight adults experience pain associated with by sensitive teeth,” says Dr. Puglisi. “Furthermore, women are nearly two times more likely than men to have the condition.”

According to Dr. Puglisi, [tooth sensitivity](#) is often caused by the loss of enamel on the outside of the tooth, exposing the tubes that connect the nerves inside the tooth.

“There are many things, from hot liquids to frozen treats, which can bring on the pain caused by tooth sensitivity,” Dr. Puglisi says. “But there are also a number of simple ways for those who have sensitive teeth, to reverse the effects.”

Dr. Puglisi offers the following tips to those who suffer from sensitive teeth:

- 1.) Make sure to use the right tools.



Dr. Charles Puglisi Greenwich Village Dentist



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toothbrush may contribute to receding gums, which exposes dentin, which is the sensitive tissue at the core of the tooth. For additional protection, Dr. Puglisi suggests using desensitizing toothpastes when brushing, followed by a mouth rinse that contains stannous fluoride.

2.) Re-evaluate your brushing techniques.

Brushing your teeth isn't as simple as it may sound because there is a right and a wrong way to brush, according to Dr. Puglisi.

"Brushing in a back-and-forth motion, can cause receding gums," Dr. Puglisi explains. "The toothbrush should be held at a 45-degree angle to the teeth and brushing should be done in a circular motion. Just don't push too hard, because that can wear down the tooth's surface and expose sensitive spots."

He says that one way to tell if you are brushing too hard is if the bristles on your toothbrush are pointing in all different directions after use.

3.) Use warm water when brushing.

A sensitive tooth may become irritated if you brush with cold water. Dr. Puglisi suggests sticking to warm water. While this may not decrease sensitivity it will sooth irritated teeth.

4.) Avoid the overuse of teeth-bleaching products.

At-home whitening treatments often contain abrasive ingredients, according to Dr. Puglisi, that increase tooth sensitivity and cause pain, especially if they are used too often. By limiting a whitening treatment to once every six months, you are at less of a risk for increased sensitivity.

5.) Watch what you drink and when you brush.

"Acidic foods and beverages can cause enamel to erode, increasing the likelihood of sensitivity," says Dr. Puglisi. "Swap your soda, wine, coffee, energy drinks, and fruit juice for water, and eat tomatoes and citrus fruits in moderation."

For those who cannot help themselves when it comes to acidic indulgences, Dr. Puglisi suggests drinking through a straw to minimize exposure to the acids. He says that it is important to rinse your mouth when through, using water, neutralize the pH. Wait at least 30 minutes before brushing.

For more than three decades, Dr. Charles Puglisi DMD., F.A.G.D, has been offering quality oral care. His practice, located at 39 Fifth Ave, New York, NY, in the heart of Greenwich Village, offers Comprehensive General, Cosmetic and Restorative Dentistry, Laminates, Veneers and Bonding, Cosmetic Tooth Whitening and Tooth Re-shaping, Prophy-Jet™ Air Polishing Dental Implant Restorations, Crowns, Bridges, Porcelain/Composite Inlay/Onlays, Periodontal Treatments, and more. Call (212) 529-2929(212) 529-2929 for more information or visit Dr. Puglisi's website at www.drpuglisi.net

Lue Guarrasi
Dzine It
212-989-0813
email us here

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