

Tooth sensitivity- the enigma revisited

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Tooth hypersensitivity, more precisely dentinal sensitivity or hypersensitivity, has been described as an enigma, frequently encountered, yet poorly understood. However, it can now be defined, thereby describing the clinical picture as well – ‘Short, sharp pain arising from an exposed dentinal surface in response to stimuli typically thermal, evaporative, tactile, osmotic or chemical, which cannot be ascribed to any other form of dentin defect or pathology’.

Dentinal hypersensitivity is multifactorial. Regardless of the aetiology of dentine exposure, the main reason for sensitivity is the open dentinal tubules which provide a direct link between the external environment and the internally located pulpal tissue. Thus, sensitivity, once established, may eventually lead to irreversible pulpal sensitivity.

Treatment is, therefore, aimed not only at restoring the original impermeability of the tubules by occluding them, but also at controlling the neural elements within the pulp to dampen the external stimulatory and irritant effects.

In spite of extensive research in this field, no consensus has been arrived at about any product, till date, that may represent the gold standard in treating this condition.

However, recent continued efforts have resulted in introduction of certain novel technologies like Pro-Argin technology, Lasers, introduction of BioDentin, focus on MMP-inhibitors, Herbal extracts etc that have been scientifically and clinically validated.

Hence, we will be discussing about the aetiology, mechanism, diagnostic methods, treatment modalities and future prospects in the treatment of dentinal hypersensitivity, so that professionals can utilise this information in its therapeutic management.

Biography

Ruchi Dhir Sharma has completed her Post -graduation in Conservative Dentistry and Endodontics in the year 2009 from Bareilly University, India. Presently she is working as Assistant Professor in the Deptt. Of Conservative Dentistry and Endodontics in Himachal Institute of Dental Sciences, Poanta Sahib, India. She is also a practicing Endodontist and also specializes in dental implants. She has been actively involved in academic research work and also published articles in reputed journals.

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