

# Beverly Hills Formula

## Sensitivity Prevention Expert

**Facts:** Having sensitive teeth can mean anything from getting a mild twinge to having severe discomfort that can continue for several hours. It can also be an early warning sign of more serious dental problems. Many people suffer from sensitive teeth and it can start at any time. Tooth sensitivity affects one third of the adult population at some point in their lives. One in 3 people aged between 20 and 40 suffer from Dentin hypersensitive.

### Main benefits of Beverly Hills Formula Dry Mouth Care products:

- Stronger teeth / enamel Contains Xylitol and Fluoride, agents proven to help strengthen, remineralise and harden tooth enamel for cavity protection.
- Provides ongoing pain relief with continues use
- Laboratory studies prove that the Sensitive formula is less abrasive than other leading brands of both whitening and regular toothpaste.
- Extra gentle Laboratory studies prove that the Sensitive formula is less abrasive than other leading brands of both whitening and regular toothpaste.

### Treatments:



Dental Sensitivity cannot be cured, but can be controlled and reduced. There are many brands of toothpaste on the market made to help ease the pain of sensitive teeth. The toothpaste should be used twice a day to brush your teeth. It can also be rubbed onto the sensitive areas. These toothpastes can take anything from a few days to several weeks to take effect. Your dentist should be able to advise you on which type of toothpaste would be best for you.

### Prevention:

Beverly Hills Formula offers toothpastes clinically formulated and tested to relieve dental sensitivity, due to the active ingredient Potassium Nitrate, helping to block transmission of pain sensation.

- To ensure the pain stays away brush your teeth at least twice a day for two minutes with fluoride toothpaste. Use small circular movements with a soft- to medium-bristled brush. Try to avoid brushing your teeth from side to side.
- Tooth bleaching - some patients have sensitivity for a short time during or after having their teeth bleached. If you are thinking about having your teeth bleached, discuss sensitivity with your dentist before starting treatment. Discuss this with your dentist before having treatment
- Change your toothbrush every two to three months, or sooner if it becomes worn.
- Have sugary foods, and fizzy and acidic drinks less often. Try to have them only at mealtimes.
- If you grind your teeth, talk to your dentist about the possibility of having a mouth guard
- Visit your dentist regularly, as often as they recommend.



# Beverly Hills Formula

**Symptoms:** Extreme temperatures, especially cold, may cause discomfort. Heat, cold, sweetness, acidity or sometimes just brushing can cause sharp pain.

**Causes:** When your gums recede or tooth enamel is damaged or worn away, the dentine underneath is exposed and is no longer protected by the enamel.

- Exposed Dentin no longer protected by the enamel
- Can also be caused by abrasion or erosion of the enamel
- Acid erosion/ Dental erosion: loss of tooth enamel caused by attacks of acid from food and drinks
- Tooth decay (caries)
- Fracture of the enamel A cracked tooth or filling - a cracked tooth is one that has become broken. A crack can run from the biting surface of a tooth down towards the root.
- Gum recession: gums may naturally recede (shrink back), and the roots will become exposed and can be more sensitive. Root surfaces do not have an enamel layer to protect them/ Gum disease - a build-up of plaque or tartar can cause the gum to recede down the tooth and even destroy the bony support of the tooth. Pockets can form in the gums around the tooth, making the area difficult to keep clean and the problem worse.
- Toothbrush abrasion - brushing too hard, and brushing from side to side, can cause enamel to be worn away, particularly where the teeth meet the gums.
- Tooth grinding - this is a habit which involves clenching and grinding the teeth together. This can cause the enamel of the teeth to be worn away
- Tooth bleaching - some patients have sensitivity for a short time during or after having their teeth bleached. Discuss this with your dentist before having treatment

## **Beverly Hills Formula Sensitivity Prevention products:**

- [Beverly Hills Formula Sensitive](#)
- [Beverly Hills Formula Gum Strengthening Sensitive](#)
- [Beverly Hills Formula Dentist's Choice](#)