

ZERO CAVITY CLUB

A newsletter by Dr.Snehal Hendriques



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Tooth Sensitivity



WHAT IS SENSITIVITY?

Understanding the basics



COMMON CAUSES

Why does it happen?



SIGNS TO WATCH FOR

How to recognize the symptoms



FIND RELIEF & PROTECT

Proven tips and treatments that work



You're not alone.

Tooth sensitivity is common—but relief is possible.



SCHEDULE A VISIT

Take the first step toward lasting comfort.



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Healthy Smiles

INSIGHTS



Knowledge
Today for a
Healthier
Tomorrow



*Your
comfort.
Our
priority.*



Small care today.
Strong smiles
tomorrow.



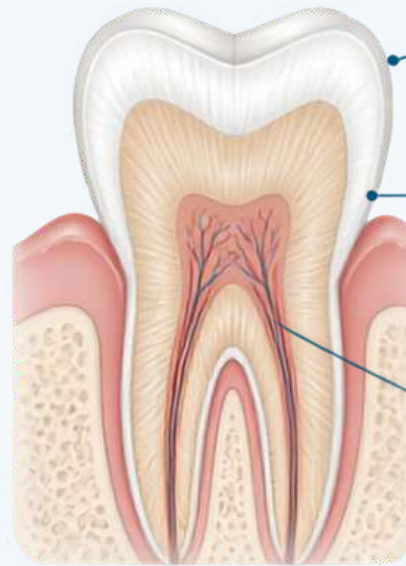
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What It Is



Tooth sensitivity is a sharp, sudden pain that can happen when teeth touch hot, cold, sweet, or acidic foods and drinks.

It often begins when enamel wears down or gums recede, exposing dentin beneath.



ENAMEL

The hard, outer layer that protects your teeth.

DENTIN

The layer beneath enamel. It contains tiny tubules that lead to the nerve.

PULP (NERVE)

The inner part of the tooth that contains nerves and blood vessels.

COMMON TRIGGERS



COLD

Icy drinks,
frozen treats,
cold air



HOT

Coffee,
tea, soup



SWEET

Candy,
desserts,
sweet drinks



ACIDIC

Citrus fruits,
soda, vinegar,
wine



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What Causes Sensitivity?

Several everyday habits and dental conditions can make teeth more sensitive.

01 ENAMEL EROSION

Caused by acidic foods, drinks, constant acidity exposing dentin.



02 GUM RECESSION

Resulting due to improper and aggressive brushing of teeth



03 GRINDING OF TEETH

Grinding or clenching can wear down enamel, exposing the softer layers beneath and leading to sensitivity over time.





UNDERSTANDING SENSITIVITY



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Other Causes

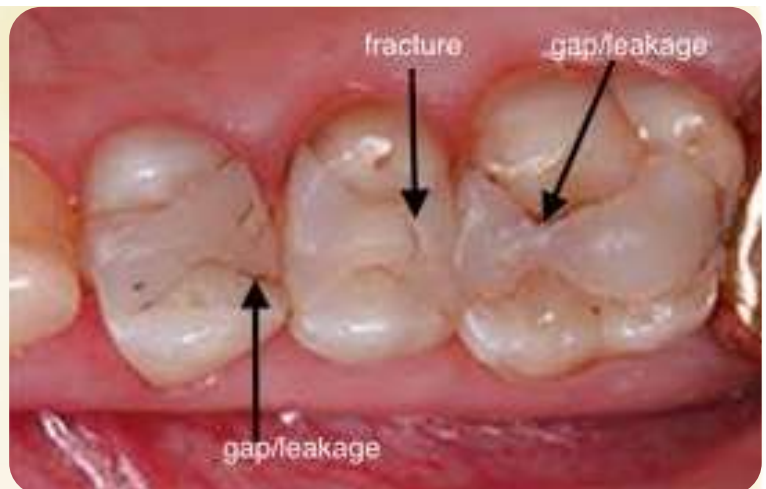
01 CAVITIES

Tooth decay can create holes that reach the inner layers of the tooth, which can cause pain or sensitivity.



02 IMPROPER OR WORN FILLINGS

Fillings that are loose, cracked, or worn down may not seal properly, leaving teeth more sensitive to daily triggers.



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At-Home Relief

Use a soft-bristled toothbrush and fluoride toothpaste made for sensitive teeth (as prescribed by your dentist). Brush gently in small circles, avoid scrubbing, and limit acidic foods and drinks like citrus and soda. If you grind your teeth, ask about a night guard. Regular cleanings help catch problems early.



HELPFUL HABITS



Use a soft-bristled toothbrush and replace it every 3 months.



Brush gently in small circles for two full minutes.



Limit acidic foods and drinks like citrus, wine, and soda.



If you grind your teeth, ask about a night guard.



Keep up with regular cleanings and checkups.

Regular care today means fewer problems tomorrow.

We're here for your smile!

Questions?
We're
happy to
help.





When to See a Dentist

If the sensitivity is severe, persistent, or getting worse, schedule a visit. Your dentist can check for enamel loss, decay, cracks, or gum recession and may recommend fluoride varnish, bonding, or other protective treatments.

Early care can prevent bigger problems.



SIGNS IT'S TIME TO CALL



Sharp pain with hot, cold, sweet, or acidic foods



Sensitivity that lingers or happens often



Tooth pain, visible cracks, or worn edges

YOUR DENTIST MAY RECOMMEND:



Fluoride varnish to strengthen enamel



Bonding to cover exposed areas



Desensitizing treatments to reduce discomfort



Re-Restoration of faulty fillings.



full mouth restoration in case of severe wear of teeth



SCHEDULE YOUR APPOINTMENT

Don't ignore persistent sensitivity. A simple visit today can protect your smile for years to come.

We're here to help!



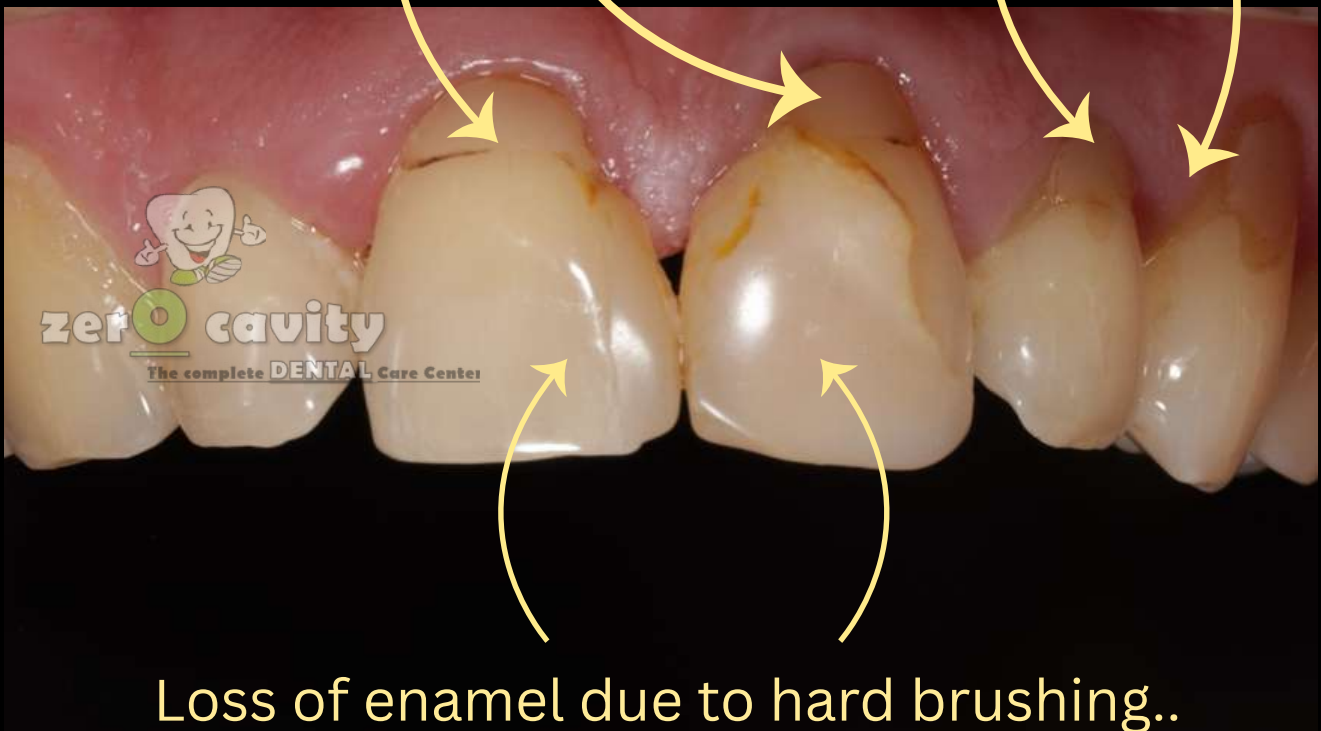
Case of the month

CHIEF COMPLAINT:

Sensitivity and yellow teeth,
unaesthetic appearance

Discoloured fillings

Cervical abrasion



TREATMENT ADVISED:

Veneers in upper anterior teeth

BEFORE



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AFTER





PRE

POST



*They say it..
We love it..*

It was a great experience, doctor explained everything with a lot of patience and the procedure went very smoothly

Thank you

Ms. Himanshi Srivastava

I got teeth cleaning done at Zero Cavity Clinic. Everyone at the clinic is so sweet. The process was quick, painless and smooth.

They even played soothing songs for me to help me feel calm.

Will 100 percent recommend zero cavity clinic for having a pleasant experience of visiting a dentist.

Mrs. Priyanka Deshmukh

I had a dental cavity treatment at Zero Cavity. Very nice experience. The treatment was well explained by Dr. Dhruti and her team. They also gave me proper guidance on how to care for my teeth to avoid future problems.

Doctor and team are very good, very polite and professional. I am very much satisfied with their approach and treatment. Highly recommended!

Thank you.

Mr. Dharmesh dhami



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