



## TOOTHPASTE AND SENSITIVITY

Your sensitive teeth may be caused by the type of toothpaste you are using! The chemical pyrophosphate found in many brands of Tartar Control toothpaste, has been found to cause temperature sensitivity in many people who use it, especially those with gum recession. Popular brands of "Tartar Control" toothpaste include, but are not limited to:

- Crest Complete
- Colgate Tartar Control
- Mentadent Tartar Control
- Aquafresh 3 in 1

Reducing or eliminating your temperature sensitivity could be as easy as changing your toothpaste. Choose any brand of toothpaste that has fluoride and the active ingredient "Potassium Nitrate" in it and does not include tartar control, such as:

- Sensodyne
- Colgate for Sensitive Teeth

Allow 2 - 6 weeks for your new toothpaste to work. If you still experience persistent temperature sensitivity, call your Dentist at Park West Dental Care.