

Toothpaste Abrasion

One of the most common dental pain complaints I hear from patients is gum line tooth sensitivity. There are multiple causes of gum recession that exposes tooth root surface and results in pain or sensitivity to cold and air.

My belief after 40+ years of dental practice is that most gum recession, tooth enamel and root surface abrasion is caused by the abrasiveness of most toothpastes. Also, it is obviously worse at the place where patients put the toothpaste first when they brush their teeth, commonly on the gum line on the opposite side of their dominant hand.

The best solution to this problem is to start brushing on the chewing surface of the teeth, not on the sides. Also, very little toothpaste is needed. A pea sized amount will suffice.

The most recent research is that the best thing to brush one's teeth with is you own saliva. Just wet your toothbrush with water and go.

Keep in mind that it takes at least three months to change a lifelong habit. Most will revert to their old habit long before three months.

I recommend that patients cut out the following word and tape it to the bathroom mirror where they brush their teeth:

CHANGE!

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