Immediate relief of dentinal hypersensitivity.

by Dr. Kazuhisa Matsumoto, Japan

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The prevalence of dentinal hypersensitivity differs by population and methods of investigation. Studies report prevalence may be as low as 4 percent and as high as 57 percent in the general population while studies in patients with periodontitis suggest an occurrence rate of up to 98 percent. Dental professionals surveyed report that dentinal hypersensitivity affects between 10 and 25 percent of their patients. Unfortunately, most patients do not seek treatment to desensitise their teeth.

In my private practice 5 percent of the patients are in need of immediate relief of dentinal hypersensitivity. I have had success providing immediate and sustained treatment of dentinal hypersensitivity using 3M™ Clinpro™ XT Varnish Durable Fluoride-Releasing Coating. The following two patient cases are used to illustrate the treatment procedure.

**Case 1**

A 38-year-old male patient presented with hypersensitivity on the upper right premolar. The patient had been suffering from hypersensitivity for approximately four years. He had tried over the counter anti-hypersensitivity toothpaste but reported that the pain persisted.

![Figure 1.1 A 38-year-old male patient presented to the clinic with hypersensitivity on his upper right premolar. Tactile (with an explorer) and thermal (air blast) stimuli accompanied the visual exam to confirm the location of the hypersensitive dentine.](image-url)
After a thorough examination, the patient was prescribed fluoride toothpaste which provided marginal benefits. Finally, Clinpro XT Varnish Durable Fluoride-Releasing Coating was applied and delivered an immediate and lasting relief of hypersensitivity.

Case 2

A 26-year-old female patient presented in the dental practice with hypersensitivity on her upper right premolar. The area was cleaned with a plastic tip. In this case, a retraction cord was placed in the gingival sulcus to control excessive moisture. A thin coating of Clinpro XT was applied with an explorer and light cured with an LED curing light for 20 seconds. Following curing, the retraction cord was removed and the patient was pleased with an immediate relief of hypersensitivity. Additionally, the coating was aesthetic despite the fact that the patient had recently undergone a tooth bleaching procedure.
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Stephen Langdon
Email: sdlangdon@3M.com

Janice Pitt
Email: jpitt3@3M.com

3M Oral Care

3M Australia Pty Ltd
Building A, 1 Rivett Road
North Ryde NSW 2113
Ph: 1300 363 454
www.3M.com.au

3M New Zealand Ltd
94 Apollo Drive
Rosedale Auckland 0632
Ph: 0800 80 81 82
www.3M.co.nz

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