

## **Henry A. Cathey, Jr. D.D.S.**

### FAQs

#### **What Causes Sensitive Teeth?**

A range of factors causes sensitive teeth. The porous part of the tooth, called dentin, is the region that registers pain, and dentin can become exposed due to:

- Fractured or chipped teeth
- Teeth injured by clenching or grinding
- Receding gums caused by gum disease or improper brushing

#### **What Are the Causes of Bruxism (Teeth Grinding)?**

Many things can cause teeth grinding. Often, both emotional and physical factors are involved. Causal factors can include stress, sleep disorders, an abnormal bite, and crooked or missing teeth.

#### **What Are Dental Sealants?**

Dental sealants are a plastic coating painted on the grooved, hard-to-reach surfaces of the back teeth. Pits and fissures on these surfaces are particularly susceptible to tooth decay. Dental sealants can be used to seal out cavity-causing bacteria from damaging the teeth.

#### **How Can I Prevent Tooth Decay and Gum Disease?**

Good oral hygiene starts at home. However, it also needs to be supplemented by regular visits to our cosmetic and general dentistry practice.