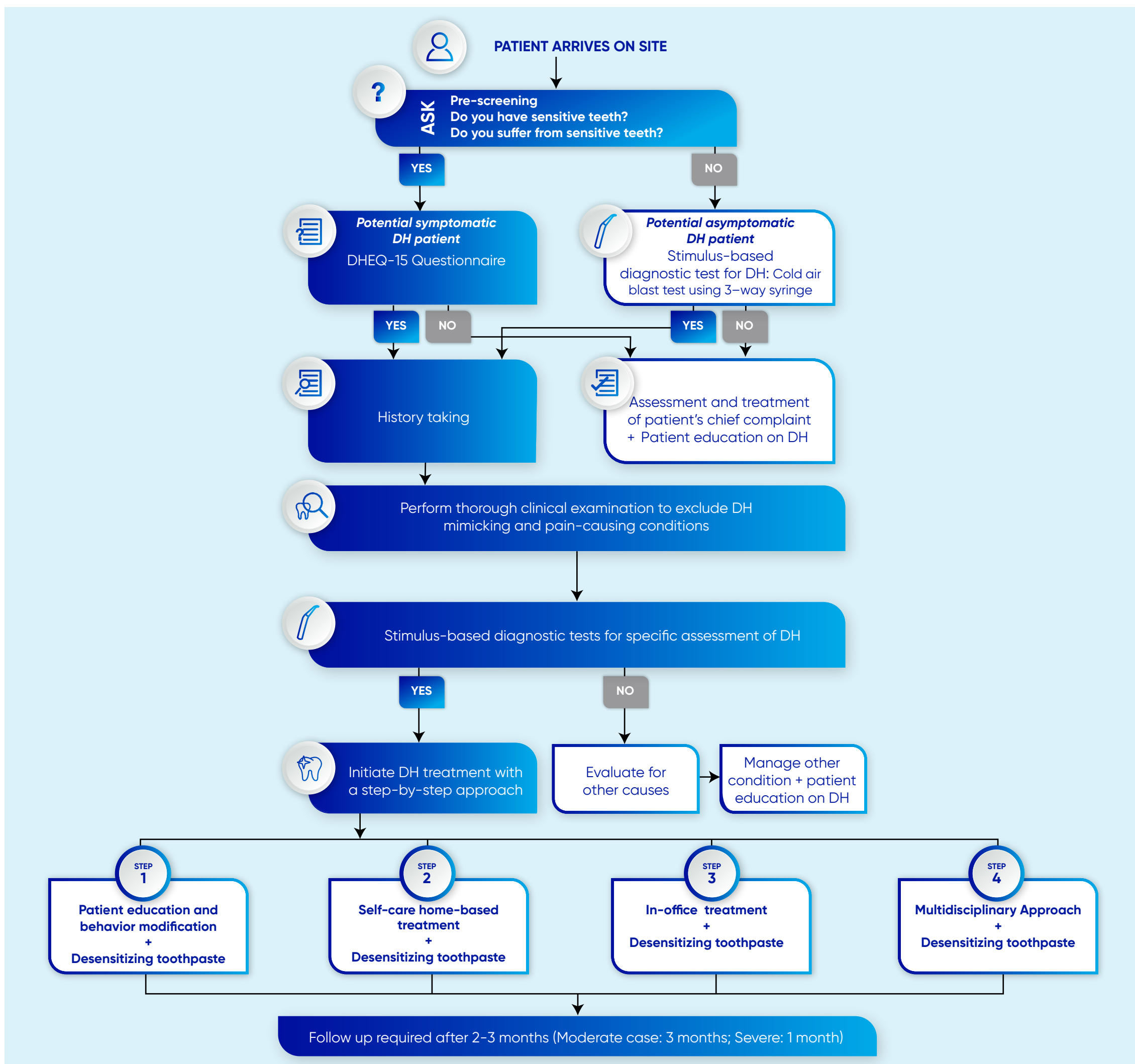


ALGORITHM FOR THE SCREENING, DIAGNOSIS AND MANAGEMENT OF DENTINE HYPERSENSITIVITY (DH)

from Middle East and Africa Advisory Board Consensus Statement



HISTORY TAKING

Ask questions to understand type and duration of pain, its triggering factors, relieving factors, risk factors or whether the patient have taken any prior treatment for the same.

Consider questions such as:
 | How long have you had this condition?
 | Do you have acid reflux
 | Is there any recent change in your diet, toothpaste, etc.?

Take a thorough medical history, drug history, dietary habits, lifestyle, and understand oral hygiene behavior of patient.

DH MIMICKING CONDITIONS

- | Cracked tooth
- | Dental caries
- | Root resorption
- | Defective or fractured restorations
- | Post-operative sensitivity (from restorative, periodontal and bleaching procedures)
- | Dental trauma, occlusal trauma
- | Cervical plaque, and gingivitis, periodontal disease.
- | Marginal leakage
- | Pulpitis
- | Enamel or dentine hypoplasia
- | Other pathologic conditions like cysts, etc.

STIMULUS-BASED DIAGNOSTIC TESTS

- | Identify the exposed dentine by walking a sharp explorer on tooth
- | Cold air blast test using 3-way syringe
- | Schiff scoring
- | Numerical pain rating scale

STEPWISE TREATMENT APPROACH

STEP 1: Patient education and behavior modification

- | Oral hygiene maintenance with an everyday fluoride desensitizing toothpaste
- | Use soft toothbrush
- | Bass technique for toothbrushing
- | Use electric toothbrush with caution once a day or a manual toothbrush twice a day
- | Use waxed dental floss
- | Avoid using water flosser
- | Avoid acidic diet
- | Removal or modification of predisposing factors

STEP 2: Self-care home-based treatment

Daily use of desensitizing toothpaste-first line of treatment

- | 2-dose regimen: Apply nerve desensitizing or tubule occluding toothpaste, twice a day (morning and evening) for on-going protection
- | Three dose regimen: Follow 2-dose regimen with fluoridated mouthrinse
- | Orthodontic patients: High fluoridated toothpaste + in-office fluoridation
- | Patient already on DH treatment: Subsidizing with one more treatment based on clinical judgement

STEP 3: In-office treatment

- | Fluoride varnishes
- | Laser
- | Restorations
- | Endodontic treatment
- | Gingival grafting

Desensitizing toothpaste for DH prevention

STEP 4: Multidisciplinary approach

- | Consultations with other health professionals, including nutritionist/dieticians, or psychologists for overall well-being of patient

Continuous daily use of desensitizing toothpaste

Expert Consensus from Advisory Board on 'Algorithm for the screening, diagnosis and management of dentine hypersensitivity', June 2024
 For Healthcare professionals only, Always read label before use. If you wish to report any adverse event, product quality complaint, or Medical enquiry, please contact us at mystory.ae@haleon.com or +973 16500 404. Item Code: PM-BH-SENSO-24-00024 |Preparation date: November 2024