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## **INSTRUCTIONS FOR APPLICATION OF FLUORIDE FOR ROOT SENSITIVITY**

Root sensitivity can occur when the root surface becomes exposed to the oral cavity. This part of the tooth does not have enamel or a restoration to behave as a barrier against stimulants such as cold foods or drinks. The root surface is porous, composed of a microscopic tubule system with close relation to the pulpal or internal canal system of the tooth.

Fluoride reacts with the calcium hydroxyapatite surface of the tooth to form fluoroapatite. This compound is more resistant to demineralization and helps fill the small tubules that may contribute to root sensitivity.

Fluoride gel application is best after you brush your teeth with toothpaste and flossing. The gel is placed with a dedicated brush onto the gumline inside and out for one minute. You may expectorate the excess. Do not eat, drink or rinse your mouth after application. After 30 minutes, the efficacy of sodium fluoride is no longer clinically significant. You can drink water if needed. Bedtime is an excellent time for the application of sodium fluoride gel. After two weeks you should begin to notice a decrease in the intensity and frequency of symptoms or reaction to cold.

If this is not the case, please contact the office for further help. 212 750 0050

Sincerely,

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