



Castle Pines  
DENTAL CARE

P 303.660.0782  
F 303. 660.0824

361 Village Square Lane, Ste. 100  
Castle Pines North, Colorado 80108

Matthew R. Rolfson, DDS  
castlepinesdentalcare.com

## Your Guide to General Dental Symptoms

| Symptom  | Possible Problem   | What to do   |
|--|--|--|
| Momentary sensitivity to hot or cold foods.                                    | If this discomfort lasts only moments, sensitivity to hot and cold foods generally does not signal a serious problem. The sensitivity may be caused by a loose filling or by minimal gum recession that exposes small areas of the root surface. | Try using toothpaste made for sensitive teeth. Brush up and down with a soft brush; brushing sideways wears away exposed root surfaces. If this is unsuccessful, see your <b>general dentist</b> .     |
| Sensitivity to hot or cold foods after dental treatment.                       | Dental work may inflame the pulp or nerves inside the tooth causing temporary sensitivity.   | Wait two or four weeks. If the pain persist or worsens, see your <b>general dentist</b> .  |
| Sharp pain when biting down on food.   | There a several possible causes of this type of pain: decay, a loose filling, or a crack in the tooth. There may also be damage to the pulp tissue inside the tooth.   | See your <b>general dentist</b> for evaluation. If the problem is pulp tissue damage, your dentist may send you to an endodontist.   |
| Lingering pain after eating hot or cold foods.                                 | This probably means the pulp has been damaged by deep decay or physical trauma.  | See your <b>general dentist</b> to receive a full evaluation on that tooth. Your dentist may send you to an endodontist.   |
| Constant and severe pain and pressure, swelling of gum and sensitive to touch. | A tooth may have become abscessed, causing the surrounding gum and bone to become infected.  | See your <b>general dentist</b> for evaluation and treatment to relieve the pain and save the tooth. Try pain medications until you can see your dentist. Your dentist may send you to an endodontist. |
| Dull ache and pressure in upper teeth and jaw.                                 | The pain of a sinus headache is often felt in the face and teeth. Grinding of teeth, a condition known as bruxism, can also cause this type of ache.   | For sinus headache, try pain medication. For bruxism, consult your <b>general dentist</b> . Your dentist may send you to an endodontist.   |

PERSONALIZED FAMILY DENTISTRY