





The Sensodyne range of specialist solutions

Sensodyne has a range of toothpastes proven to provide ongoing protection from the pain of sensitive teeth.

	Benefit	Ingredient(s) that help with sensitivity
Rapid Relief 	Fast relief from the first brush†	Stannous fluoride + facilitating polymer
Repair & Protect 	Helps repair* sensitive areas of the teeth	NOVAMIN (calcium sodium phosphosilicate)
Complete Care 	Acts as an allrounder sensitivity paste†	Stannous fluoride
Daily Care 	Ongoing protection against tooth sensitivity†	Potassium nitrate

†With twice-daily brushing.

*Forms a protective layer over the sensitive areas of the teeth.
Brush twice a day for lasting protection.



**BEAT
SENSITIVITY
PAIN
FAST**



For **fast relief** and **long-lasting protection**[†] from sensitive teeth

[†]With twice-daily brushing.

[sensodyne.com.au](https://www.sensodyne.com.au)

For the relief of sensitive teeth. With twice-daily brushing. Always read the label. Use only as directed. If symptoms persist, see your health professional.

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**SENSODYNE**



Suffer from sensitivity?

You are not alone – as many as **1 in 2 people have sensitive teeth.¹**

Complete the Sensodyne Sensitivity Questionnaire and then speak to your dental healthcare professional if your answers indicate you may have sensitive teeth.

Reference: 1. Google Consumer Survey: Sensitivity Incidence, March 2019.

Discover if you have **sensitive teeth**

Yes/No

1. Do you feel twinges or short, sharp pain in your teeth when you have hot, cold or sweet foods and drinks?
2. Do you stay away from certain foods and drinks (e.g. ice-cold drinks) to avoid pain?
3. Do you feel short, sharp pain in your teeth when running outside or being in cold weather?
4. Have you changed the way you eat or drink to help prevent triggering pain (e.g. by drinking through a straw or waiting for hot drinks to cool down)?
5. Is 'hard aggressive brushing' a good description of your brushing technique?

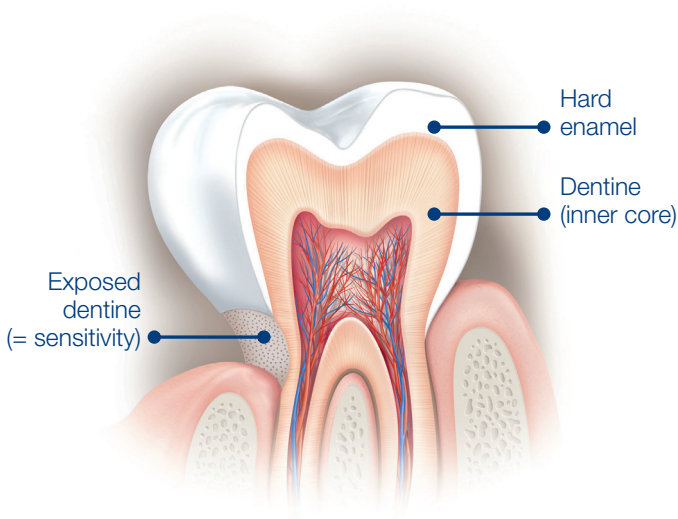
If you answered 'Yes' to any of these questions, you might have sensitive teeth, or may be at risk of developing sensitivity in the future.

Share your answers with your dental healthcare professional. They will be able to recommend ways to help you manage your condition.

Understanding Sensitive teeth

Feeling a twinge or short, sharp pain in your teeth, for example when you eat or drink something cold, can be a sign they are sensitive and need special care.

Sensitive teeth develop when the inner layer of your teeth – called dentine – becomes exposed. This allows the nerves deep within the tooth to be triggered by hot or cold foods, or even by brushing your teeth.



Sensitive teeth may also be a result of the protective enamel over dentine slowly wearing away from acid wear, tooth grinding, or aggressive brushing habits.

How can I look after my sensitive teeth?

There are several things you can do to help protect your sensitive teeth:



Use a toothbrush with soft bristles. Try a toothbrush from the Sensodyne range of toothbrushes.



Avoid aggressive tooth brushing.



Visit your dental healthcare professional regularly and ask for advice on the most appropriate brushing technique.



Brush your teeth for two minutes, twice a day, with a toothpaste specifically designed for sensitive teeth, such as Sensodyne Rapid Relief.