

# DENTAL

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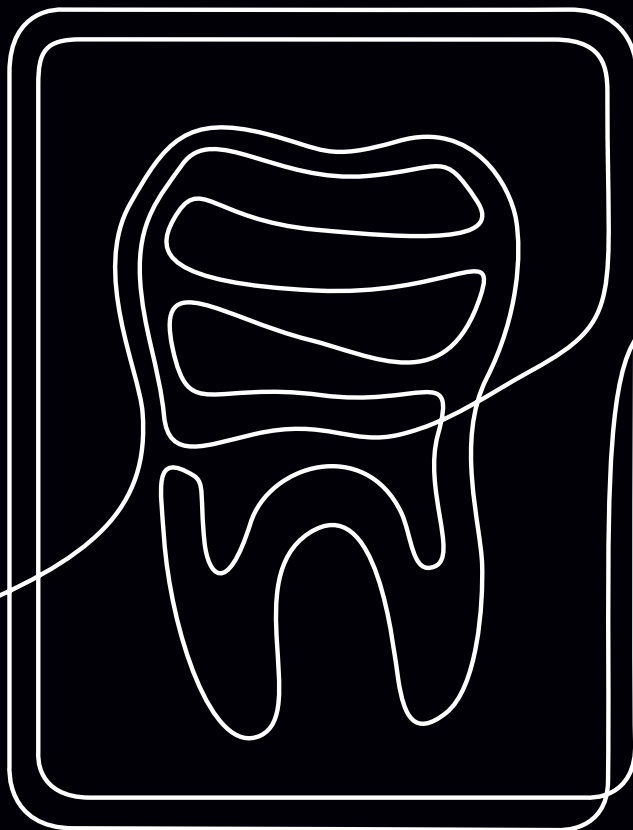
IDS 2025

**Innovationen in allen Marktsegmenten** Seite 34

**ZAHNERHALT & PROPHYLAXE** • Schutz vor reizbedingten Zahnschmerzen Seite 16

**IMPLANTOLOGIE & CHIRURGIE** • Präzise Vorplanung und navigierte Implantologie Seite 20

**PRAXISMANAGEMENT** • Raumgestaltung in Praxen Seite 30



mg° dental

## Clinical Experience Report: New Fluoride Gel for Sensitive Teeth in Daily Practice

# Protection Against Stimulus-Induced Tooth Pain

**Patients with sensitive teeth are not uncommon. It is entirely understandable that they often try to avoid triggers that cause discomfort. This may also include professional dental cleaning. To help patients with sensitive teeth approach this preventive measure in a relaxed manner, long-standing dental hygienist Karola Westrup from Greven has been using a new fluoride gel for several months and shares her experiences here.**

Patients with sensitive teeth are not uncommon. It is entirely understandable that they often try to avoid triggers that cause discomfort. This may also include professional dental cleaning. To help patients with sensitive teeth approach this preventive measure in a relaxed manner, long-standing dental hygienist Karola Westrup from Greven has been using a new fluoride gel for several months and shares her experiences here.

In daily practice, I regularly encounter patients with sensitive teeth. This frequent complaint often leads to an unintended fear of professional dental cleaning. The dental industry

offers a wide range of products to treat sensitive teeth, from toothpastes and fluoride gels to fluoride varnishes. But which is the “right” solution to effectively help patients?

### **Causes of Sensitive Teeth**

The most common cause of sensitive teeth is gingival recession. This is often caused by overly vigorous brushing with hard toothbrushes, periodontitis, or molar-incisor hypomineralization (MIH), a developmental enamel defect. When the enamel—the tooth’s outer protective layer—is worn down or damaged, the underlying dentin becomes exposed. This exposes sensitive nerve pathways, leading to the

familiar sharp, pulling, or stabbing pain. These sensations are triggered by thermal, mechanical, or chemical stimuli such as hot or cold beverages, sweet or acidic foods, air, or even during oral hygiene. Typically, the pain subsides once the stimulus is removed.

### **Triggers for Sensitive Teeth**

- Hot and cold beverages
- Sweet and acidic foods
- Cold water
- Air
- Daily oral hygiene
- Professional dental cleaning
- Bleaching
- MIH (Molar-Incisor Hypomineralization)



Fig. 01 – 06 Karola Westrup

**01** Desensitization with Profisil® in preparation for professional dental cleaning



**02** Exposed, sensitive cervical area: application of Profisil® before and after professional dental cleaning for optimal protection



**03** Application on tooth 13 with exposed cervical area



**04** Targeted application of Profisil® on tooth 13 to relieve hypersensitivity

### Therapeutic Approaches

Treatment options are diverse, ranging from desensitizing toothpastes containing active ingredients such as arginine or potassium nitrate, to surgical root coverage procedures and cervical restorations. In addition, gels, varnishes, and solutions are available to help relieve sensitivity.

### The Game Changer

I have been working as a dental hygienist since 2017 and have tested numerous products to effectively counteract sensitive teeth. In the past, I treated patients with well-known solutions, but none of these products convinced me in the long term. Applications were often complica-

ted, the products were sticky, had an unpleasant taste, or simply did not deliver the desired results.

For some time now, the new gel Profisil® Fluoride Varnish (Kettenbach Dental) has been used in our practice (Figs. 1 and 2). For me, it is an absolute game changer – for several reasons:

- The gel is easy to apply
- It does not stick
- It is transparent
- It is taste-neutral
- It remains pleasantly smooth even in the presence of saliva

The effect was immediately noticeable – patients were enthusiastic. The long-term effect of the gel also impressed me. With a fluoride content of 22,500 ppm, it develops its effect even without follow-up treatment by the patient. Especially in patients with MIH or wedge-shaped defects, I observed a significant reduction in sensitivity. Even patients who had previously used other products regularly reported almost complete relief from symptoms.

### Application

Profisil® Fluoride Varnish is easy to use: the fluoride gel can be applied directly using the included applicator brush (Figs. 3 and 4); drying of the teeth is not requi-



**05** Application of Profisil® for fluoridation and strengthening of enamel after professional dental cleaning



**06** Fluoridation after orthodontic treatment for optimal protection and dental health

red. Even when in contact with saliva, the gel can be distributed easily. The area is lightly blurred, and treatment can begin immediately.

After application, patients should refrain from brushing their teeth and using dental floss for approximately four hours, and avoid hot and alcoholic beverages.

### Daily Practice and Conclusion

In recent weeks, I have applied the gel to patients with sensitive teeth (Figs. 5 and 6), especially anxious patients who fear pain even from minor stimuli, prior to treatment. The results were remarkable: all patients reported a positive experi-

ence, both in terms of taste and product viscosity. The pain-relieving effect was immediately noticeable, and the gel was very well tolerated.

Profisil® Fluoride Varnish is also highly regarded by dentists. It is regularly recommended prior to treatments. As a result, the new fluoride gel has now become established in our daily practice routine and is used during every professional dental cleaning.

The product has convinced both me and my patients. Sensitivity was significantly reduced or even completely eliminated. Patient response has been consistently po-

sitive, and the product also demonstrates convincing long-term results. In short: a true game changer for our daily practice. ■

„Sensitivity was significantly reduced or even completely eliminated.“

**Karola Westrup, DH, dental practice in Greven**



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