

The effectiveness of a fluoride varnish and a desensitizing toothpaste in treating dentinal hypersensitivity

D.C. Clark, J.A. Hanley, S. Geoghegan and D. Vinet

Department of Community Dentistry and Department of Epidemiology and Health, McGill University and Royal Victoria Hospital, Montreal, Canada

A desensitizing toothpaste (Sensodyne) alone and toothpaste and a fluoride varnish (Duraphat) together were tested in a controlled clinical trial to determine their effectiveness in treating dentinal hypersensitivity. Twenty-one patients were allocated into either a Control, Toothpaste-Only, or a Toothpaste-Varnish Group. After one month or the final treatment session, the Control group demonstrated a 28 percent reduction in the mean group pain score, the Toothpaste-Only Group a 2 percent reduction, and the Toothpaste-Varnish Group a 70 percent reduction. These data indicate that professionally applied treatments with the fluoride varnish and the home use of the desensitizing toothpaste with strontium chloride are more effective than using a toothpaste alone for treating hypersensitive teeth.

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