

From Root Sensitivity to Lasting Relief

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My patient is a healthy woman in her 60s with a history of chronic periodontitis that has resulted in significant gingival recession and exposed root surfaces. While her periodontal disease has been stabilized through ongoing periodontal maintenance, the loss of gingival tissue has left her with persistent dentin hypersensitivity, particularly to cold foods and beverages. She is not a candidate for soft tissue grafting due to the extent and distribution of her recession, making long-term symptom management a primary treatment goal.

Although her primary concern was sensitivity rather than active caries, her exposed root surfaces also placed her at an elevated risk for root caries. Root dentin is more susceptible to demineralization than enamel, and patients with recession often struggle to maintain comfort while brushing thoroughly. Because of this, I wanted to address both sensitivity and caries prevention with a product that could be incorporated easily into her daily routine.

Over the years, she had tried numerous over-the-counter sensitivity toothpastes with minimal or only temporary relief. Despite using these products consistently, she continued to experience sharp pain whenever she drank cold water, ate ice cream, or was exposed to cold air. The discomfort affected her daily quality of life and made her hesitant to enjoy many foods she liked.

I recommended that she begin using CariFree Pro Gel 5000 as her nightly prescription toothpaste. In addition to providing 5,000 ppm fluoride for enhanced root caries prevention, the formulation was selected because it supports remineralization while helping reduce dentin hypersensitivity. She was instructed to brush with the gel before bedtime, spit without rinsing, and allow the product to remain on the teeth overnight for maximum benefit. We reinforced regular periodontal maintenance visits and continued monitoring of her exposed root surfaces.

Within several weeks of consistent use, she reported a dramatic improvement in her symptoms. Cold water, which had previously caused immediate discomfort, became comfortable to drink, and she was able to eat cold foods without anticipating pain. The improvement was sustained with continued daily use, and she has remained satisfied with the results over the long term. Of all the prescription and over-the-counter products she has tried throughout the years, CariFree Pro Gel 5000 has been the only one that consistently and reliably controlled her hypersensitivity.

From a clinical perspective, the product has allowed us to better protect her exposed root surfaces while improving her comfort enough to maintain excellent oral hygiene. From a personal perspective, the change has been equally meaningful. She no longer plans meals around avoiding cold foods and drinks, and brushing her teeth is no longer associated with discomfort. This case highlights how a simple, evidence-based home care recommendation can significantly improve quality of life for patients with periodontal recession who are not candidates for surgical root coverage. For patients like her, CariFree Pro Gel 5000 has become an indispensable part of long-term maintenance care.



Sarah Yang, DMD, FAGD, is a cosmetic and family dentist specializing in aesthetic and restorative dental transformations. She earned her DMD from the University of Pennsylvania and completed a general practice residency at St. Barnabas Hospital in the Bronx, New York. Dr. Yang is among just 6% of dentists to earn Fellowship in the Academy of General Dentistry, recognizing her commitment to advanced education and clinical excellence, and has also graduated with honors from the Kois Center. She is passionate about combining the latest dental technologies with an artistic approach to create beautiful, natural-looking smiles.