

Controlling dental erosion

- Drink plenty of water
- Drink milk or non-acidic drinks in place of carbonated drinks, fruit drinks, cordials
- Drink fruit juices or acidic drinks through a straw and avoid swishing around the mouth
- Restrict acidic foods and drinks to meal times rather than sipping all day
- Avoid brushing for 30 minutes after consuming acidic foods and drinks
- Brush twice daily with a fluoridated toothpaste



Creating Smiles with Care

ACID EROSION



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Acid Erosion

Acid erosion, or DENTAL EROSION is the irreversible loss of tooth surface due to exposure to acid. Sources of this acid can come from within the body or from outside the body, particularly what we put in our mouths.

When strong acid is frequently introduced to the tooth surface, the enamel wears away and can expose a softer tooth structure called dentine. This results in a different appearance to the teeth as well as severe sensitivity.



The teeth appear transparent, this is an early sign of acid erosion

Brushing straight after a meal

Excessive acid in some foods and drinks dissolve the enamel surface of the teeth. By brushing straight afterwards the damage is made even worse. It is recommended that you rinse your mouth with water and avoid brushing for at least 30 minutes after eating or drinking acidic food or drinks.

Causes of Acid Erosion

Most erosion problems are caused by dietary habits. Acids are present in:

- Soft drinks – diet and regular
- Sports drinks
- Fruit juice, fruit drinks, cordial, citrus fruits, lemon in water
- Chewable vitamin C tablets
- Vinegar, pickles, tomatoes and salad dressings
- Gastric juices (any cause of frequent vomiting or gastric reflux, hiatus hernia, morning sickness or bulimia)

Try to keep these to a minimum and always follow with drinking or rinsing with water.



Tooth Erosion on the biting surfaces of the teeth

Dry Mouth and erosion

Saliva is the mouth's own cleaning system – it washes away food and acid. If you often have a dry mouth, erosion may damage your teeth more quickly. Talk to your Dental Professional about ways to reduce the risks associated with dry mouth.

Acid Reflux or vomiting problem

Gastric juices contain strong acids that can cause damage to the enamel. After vomiting, the sour, unpleasant taste shows that acid is present and may be softening the surface of the teeth.

When this happens:

- Rinse the mouth thoroughly with water or a fluoride mouth rinse
- Rub toothpaste on over your teeth with your finger – this will help to freshen your mouth and toughen your teeth.
- Avoid brushing your teeth until the enamel has had a chance to recover (30 minutes). Always use a soft bristled toothbrush to reduce the risk of more wear.



Acid erosion caused by gastric reflux

