

# POND SQUARE DENTAL

## INFORMATIONAL LEAFLETS

# ADDRESSING AND REDUCING TOOTH WEAR DUE TO EROSION

There are several different forms of tooth wear, each leaving characteristic wear patterns.

## **REFLUX**

Erosive tooth wear is caused by an acidic substance. The source of this substance is either intrinsic - from your tummy, or extrinsic - from your diet.

Any form of reflux will cause erosive tooth wear. The reason for the reflux needs to be investigated, understood, and addressed.

Reflux may be related to diet, stress, physical issues, physiological issues, or psychological issues, and often a combination of more than one of these factors.

Dietary factors can be quite varied, but typical coffee, alcohol and spicy foods are factors.

Commonly the inner facing surfaces of the upper teeth and the biting surfaces of the lower teeth are affected.

Reflux can be silent, and you may not be aware you have it. There are indicators, other than the wear on your teeth, that can suggest you have silent reflux, and these include, constantly clearing your throat, having a hoarse voice, feeling bunged up, and an occasional bad taste in your mouth. Usually the symptoms are worse when lying down.

## **DIET**

There are many acidic substances in our diet - both what we eat, and what we drink.

Fizzy drinks, including fizzy water, are all acidic, even when they are flat. Sports drinks are often highly acidic.

Citrus fruits and drinks, smoothies, and yogurts are all highly acidic. Most fruits are acidic. Any alcoholic drink is acidic. Salad dressing are highly acidic.

It is probably easier to list the items that are not acidic. There is variation in the level of acidity of foods and drinks, but there is no good level of acidity.

## **LOVE YOUR SMILE**

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The general advice listed below is a good starting point. The main point is to reduce the exposure time to any acidic substances in your diet - don't sip at fizzy water through the morning, or pick at grapes, stick to three meals a day with no snacking. If you have a problem with erosion, try drinking still water only through the day.

### **GENERAL ADVICE ON EROSIVE TOOTH WEAR IS:**

- Fill out a diet analysis sheet for the staff at Pond Square Dental to analyse
- Think about your diet, and identify any acidic elements – you can do this by looking up the acidic content of any food or drink before you consume it
- Reduce your exposure to acidic substances – try to limit the time you take to eat or drink acidic substances and reduce the number of times you consume acidic substances through the day
- Do not brush your teeth for at least 20 minutes after eating or drinking
- Use a high fluoride toothpaste (Duraphat 2800 or 5000 – available from the practice)
- Use a fluoride mouthrinse (Colgate FlouriGard Daily – available from the practice)
- If your teeth are sensitive use a desensitising toothpaste – Colgate Sensitive Prorelief or Sensodyne Rapid Relief (samples available from the practice)
- If you get reflux, if necessary, we will refer you to our gastro-intestinal medic who will consult with you and investigate for possible causes

If you need any further advice, please contact the practice.

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