

Diana Road Dental Care

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Tooth Wear

The common causes of tooth wear are:

- ◇ Acids in the mouth.
- ◇ Wear from your toothbrush and toothpaste.

The commonest acid drinks that soften the tooth surface are:

- ◇ Fresh fruit juices
- ◇ All fizzy drinks.
- ◇ Wine.

The following recommendations will help reduce tooth wear: DO:

- ◇ Use a small headed soft toothbrush.
- ◇ Clean gently in short or circular strokes.
- ◇ Use a non-abrasive toothpaste eg. Sensodyne Gel.
- ◇ Use a fluoride mouthwash after acid food or drink.
- ◇ Brush your teeth before eating anything acidic.
- ◇ Moderate consumption of acidic drinks.
- ◇ Drink acidic beverages through a straw.

DO NOT:

- ◇ Brush your teeth immediately after acidic foods or drink.
- ◇ Use a toothbrush with hard bristles.
- ◇ Scrub hard while brushing.

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