



Tooth Erosion

Tooth erosion occurs when acidic chemicals wear away a tooth's enamel covering. The acid from various foods, candies, drinks (soda, coffee, sport drink, flavored water), or gastric reflux softens the enamel which then can be easily abraded away by grinding, chewing, and tooth brushing. The thinning of the enamel can expose the underlying dentin and cause tooth sensitivity or even expose the tooth's nerve.

To minimize the effects of acid:

- Decrease your exposure to acidic drinks and/or use a straw.
- Wait at least 30 minutes before brushing teeth after consuming acidic foods.
- Use of a fluoride rinse or prescription fluoride toothpaste can help reverse the enamel softening.
- If the erosion is severe, we would recommend ruling out Gastroesophageal Reflux Disorder (GERD) as a possible cause by referring to a GI specialist.
- If untreated, GERD can predispose to esophageal (throat) problems in adulthood. Treatment may consist of dietary changes such as avoiding fried foods and acidic food/beverages, avoiding over-eating, and not laying down after eating.
- Reflux prevention medications may also be prescribed by your health care provider.

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