

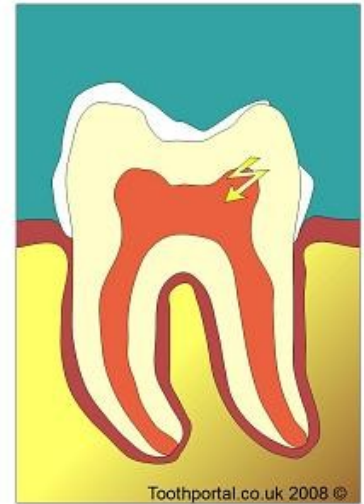
Information about erosions

A dental erosion is the removal of the hard tissues of the tooth by an acidic influence not of bacterial origin.

Erosions result when soda, juice and acidic fruits erode the teeth. Frequent vomiting and gastrointestinal refluxes can also cause erosions.

The best thing you can do to avoid erosions is to limit the intake of acidic foods and drinks. The more often you intake something acid, the worse. If you suffer from frequent vomiting or gastrointestinal reflux, see your doctor.

If you suffer from frequent vomiting or gastrointestinal reflux, you can limit the damage to the teeth by rinsing your mouth with water and brushing your tongue afterwards.



Don't brush the teeth immediately after vomiting or reflux or you will damage the teeth that have been weakened by the acid.

Chewing sugar-free gum immediately after intake of acidic foods or drinks or after vomiting or gastrointestinal reflux will stimulate salivation and help neutralize the acid.

Also, eating something non-acidic at the same time as the acidic foods will also help reduce the damage to the teeth.

If the damage is done and you are in pain your dentist can repair the eroded teeth with crowns.

In cases where there are no symptoms from the teeth and only a little tooth substance is missing repair with composite fillings may be warranted.

Read more on Toothportal.co.uk

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