



EROSION PREVENTION

- Acidic fruits and berries as well as vinegar products and acidic beverages should only be eaten in connection with a meal.
- Choose fresh fruit instead of fruit juices (which erodes teeth 10 times as much as the corresponding fresh fruit)
- Try to choose less acidic fruits. Lemons are highly acidic and erode dental tissue much more than oranges, grapes, apples and plums. Consider restricting your consumption of citrus- and other fruits.
- Do not add sweeteners, such as sugar or honey, to fruits and berries. Unsweetened fruits and berries become neutralized more quickly.
- Avoid acidic beverages and snacks between meals.
- Do not brush your teeth immediately after having acidic food or beverages. If you wish, you can rinse your mouth with water. This, however, does not have any profound effect, since the acid has already reacted with the tooth surface.
- Avoid using hard toothbrushes and smoothing toothpastes. A small amount of toothpaste is less harmful to the tooth surface.

The endurance of the teeth may be enhanced by using fluoride tablets and toothpaste regularly. Sometimes dentists also provide fluoride varnishing for this purpose.

INSTRUCTIONS FOR DENTALEROSION PATIENTS



SIGNS OF EROSION

- Frayed tips on front teeth
- Teeth shape becomes more round
- Extremely worn tips of dental papillae
- Tooth enamel loss
- Shortening teeth
- Exposed dentin
- Protruding fillings

EROSION SYMPTOMS

- Eroded teeth are sensitive
- Teeth are sensitive to touch
- Teeth are sensitive to acidic and cold food

EROSION TREATMENT

- Detecting signs of erosion: finding and eliminating the cause
- Use of erosion inducing substances should be stopped, restricted or combined with meals. Discomfort caused by erosion may be treated with fluoride products. Treating advanced dental erosion is very difficult. Serious damage caused by erosion may be treated with dental filling substances and crown prostheses.

DENTAL EROSION MAY BE CAUSED BY

External factors

Diet

- fruits and beverages containing citric acid
- fruit juices
- soft drinks and sport drinks

- acidic salad dressings
- acidic sweets
- products containing vinegar, apple vinegar

Medicinal products

- fluid vitamin C products
- hydrochloric acid substitutes
- acidic cough drops
- fluid iron products

Occupational erosion

- coil industry, metal work, food processing industry

Internal factors

Recurrent vomiting

Gastric symptoms (GER)

- acidic belches
- heartburn
- sour taste in the mouth

Eating disorders

- bulimia
- anorexia
- orthorexia (compulsive eating disorder)

Alcoholism

Diseases and conditions that may cause gastric symptoms

- hernia of the diaphragm
- gastric ulcer
- celiac disease
- pregnancy