

Health Advice

Why are my teeth wearing away so quickly?

The most common causes of tooth wear are:

- Acids in the mouth - either from your diet or from your stomach
- Wear from your toothbrush and toothpaste
- Grinding your teeth

Acids that soften the surface of the teeth can come from:

- Fresh fruit juices
- All fizzy drinks
- Wine
- Foods containing vinegar for example pickles and salad dressings
- Stomach Acid

You can reduce tooth wear by:

- Investigating tooth grinding and preventing it
- Using a small headed soft toothbrush
- Cleaning gently in short or circular strokes
- Using a gel toothpaste e.g.. Sensodyne Gel
- Using a fluoride mouthwash after acid food or drink
- Brushing your teeth before eating anything acidic
- Run your toothbrush under hot water before brushing
- Drink acidic beverages through a straw
- Try holding your brush in your weakest hand

The following may also help:

- Avoid using a toothbrush with hard bristles
- Avoid scrubbing hard while brushing