

The Effects of Fizzy Drinks on your Teeth

Tooth Erosion:



Fact on Fizzy Drinks:

Did you know that teeth can be damaged when acidic food and drink are consumed?

How do fizzy drinks affect teeth?

- Acid used in the manufacture of fizzy drinks dissolves the enamel of teeth. This is called **erosion**.

Is it only fizzy drinks?

- No! Many citrus fruit juices and drinks can cause erosion. Low sugar ie diet drinks are just as bad.

What does it look like and feel like?

- Shiny, worn patches on the surfaces of your teeth.
- Pain on contact with heat or cold.

You can always ask your dentist for advice.



How can you avoid it?

- Whenever possible, have alternative drinks like milk, water, unsweetened tea or coffee.
- Eat regular balanced meals.

You can always ask your dentist for advice.



Remember!

- Avoid tooth brushing immediately after eating or drinking something acidic as this is likely to speed up the erosion. Saliva helps to repair the damage if given a chance.
- Brush your teeth & gums with a fluoride toothpaste for at least 2 -3 minutes per arch, three times a day.
- Continue to visit your dentist at least once a year for a general check-up & clean.

Please scan the following QR codes to view the digital leaflets which provide further information and guidance on how to look after your fixed brace:

