



# GP Dental

excellence in dental care

## DENTAL EROSION REMINERALISATION

Please find information regarding **causes** of dental erosion under the “Patient Education” tab.

### Remineralisation Phase

The remineralisation phase will take a minimum of **6 weeks**.

- Drink one glass of hot water before breakfast.
- Cut down acidic food and drinks, such as wine, carbonated drinks and citrus fruits and juices. If you do drink them, do so at mealtimes to minimise their effects on the enamel.
- Avoid mid meal snacks (5-6 intakes/ day is best). I.e. breakfast, morning tea, lunch, afternoon tea and dinner.
- Switch to modified products, such as low-acid orange juice.
- Drink sodas and fruit juices with a straw, which helps acids to bypass the teeth. Don't swish acidic drinks around in your mouth.
- Finish a meal with a glass of milk or piece of cheese to neutralise acids.
- Stay hydrated. Drink lots of water and limit caffeine intake.
- Chew sugar-free gum with xylitol, at least 15 minute twice a day. This stimulates saliva and neutralises acids from foods and drinks.
- Use Tooth Mousse at least twice a day and before and after acidic food and drink.
- Apply Tooth Mousse for 5 - 30 minutes prior to consuming acidic food or drink such as wine, soft drink or fruit juice.
- Acid leaves the enamel softened and more prone to erosion during brushing. To limit damage, wait one hour to brush your teeth after an acid attack, either gastric (e.g. reflux or vomit), or dietary. If absolutely necessary, rinse with water or mouth rinse to neutralise acids prior to brushing.
- Use fluoride toothpaste or a fluoride mouth rinse to strengthen your teeth.
- Apply Tooth Mousse before bed.
- Use a soft toothbrush and avoid scrubbing or brushing too aggressively.
- Seek medical advice for disorders that can expose the mouth to acid, such as bulimia, alcoholism, or gastric reflux. Medications are available both on prescription and over the counter to eliminate attacks and reduce damage caused.

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