

TOOTHWEAR

Tooth wear is the loss of healthy tooth structure causing teeth to become shorter and thinner over time. Tooth wear decreases your ability to chew properly and noticeably changes the way you look.

Frequently Asked Questions

1. *What causes tooth wear?*

Excessive tooth wear is not normal. The most common causes of tooth wear are:

A. Acid Erosion which appears as grooving or dishing of the biting surface of your teeth. The risk factors for Acid Erosion are:

- Chronic Dry Mouth
- Chronic Vomiting
- Gastrointestinal Reflux Disorder or "GERD"
- Diet – sports drinks, soft drinks, candies, citrus fruits
- Environment – certain acidic work places, swimming pools

B. Bite Wear which appears as shortening or thinning of your teeth. The risk factors for Bite Wear are:

- An Unbalanced Bite – you should never rub or squeeze your teeth together; your teeth should contact evenly on each side when you swallow.
- Grinding Your Teeth
- An Overly Abrasive Diet

C. Tooth Cleaning Abrasion appears which appears as notching near the gum line of your teeth. The risk factors for Tooth Cleaning Abrasion are:

- Abrasive Dental Home Care aids such as some toothpastes and toothbrushes
- Using too much pressure on your toothbrush or toothpicks when cleaning your teeth

2. *What can I do to minimize my risk of future tooth wear?*

The first step in addressing tooth wear is to have your dentist evaluate your individual risk factors and customize an appropriate Management Protocol for you.

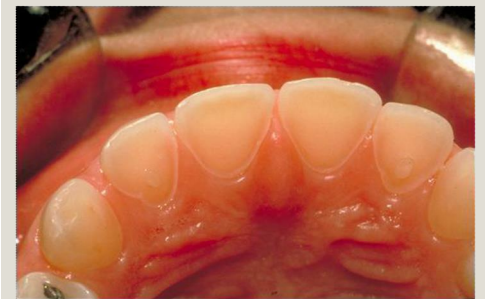
Your Management may include:

- Diagnosing and managing chronic dry mouth
- Diagnosing and treating conditions related to chronic vomiting
- Diagnosing and treating GERD
- Customized dietary counseling
- Diagnosing and treating an unbalanced bite
- Making a guard to protect your teeth from grinding
- Customized dietary counseling
- Mineral applications to your teeth such as fluoride to harden the notched surfaces
- Customized home dental care instruction

Management Protocols for Acid Erosion, Bite Wear and Tooth Cleaning Abrasion all have important steps that you must carry out on your own to decrease your risk of future tooth wear. The parts of your tooth affected by tooth wear may need to be built back up into ideal tooth form. An appropriate dental restoration will address functional and aesthetic concerns as well as decrease the risk of future tooth wear by protecting the affected area.



Erosion from acid reflux



Chronic vomiting



Wear from grinding

EROSION MANAGEMENT

- Reduce acid exposure by reducing the frequency and contact of acids.
 - Do not hold or swish acidic drinks in your mouth. Avoid sipping these drinks.
 - Consider using modified acidic beverages with no or reduced acid potential.
 - Avoid tooth brushing immediately after an erosive challenge (vomiting, acidic diet). Instead, use a fluoride-containing mouth rinse (maintenance rinse), sodium bicarbonate (baking soda) solution, milk or food, such as cheese or sugar free yoghurt. If no of the above is possible, rinse with water.
 - Use a soft toothbrush and low abrasive fluoride-containing toothpaste.
 - Consider the below products:
 - CTX4 Gel 1100 (Toothpaste)
 - GC Tooth Mousse (Ointment)
 - EnzyCal (Toothpaste)
 - After acid intake, stimulate saliva flow by chewing gum or lozenges.
 - Use chewing gum to reduce reflux.
 - Some patients may need to seek appropriate medical attention (gastroenterologist and/or psychologist) when intrinsic causes of erosion are involved.
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- Below is a list of acidic beverages you should avoid.

Sports Drinks	Powerade
	Gatorade
Energy Drinks	Red Bull
	Monster
	V
	Rockstar
Soft Drinks	Coca-Cola
	Diet Coca-Cola
	Pepsi
	Diet Pepsi
	Sprite
	Mountain Dew
Other	Ice Tea