

Excessive TOOTH WEAR Can Put Your Teeth at Risk!



Excessive wear of your enamel can cause pain, a prematurely aging smile, and/or irreversible damage!

Once the protective layer of enamel is worn away, it can lead to tooth sensitivity, pain, discoloration and tooth fractures.

Causes of "Tooth Wear" & How We Can Help!

EROSION is the progressive loss of your tooth enamel caused by the acids found in foods and drinks.

Some of the culprits include carbonated drinks, fruit juice, sports and energy drinks, sour candies, wine, lemons and pickles.

Reducing frequent consumption of acidic foods and sugary, high-acid drinks, along with good oral hygiene will help prevent tooth erosion.

ATTRITION is the gradual loss of your enamel caused by tooth-to-tooth contact, a common symptom of *bruxism* or teeth grinding.

Over time, daily chewing, clenching your jaws, or grinding your teeth at night can begin to chip away your enamel.



Erosion is chemical wear on your teeth from the acids in your diet. **Attrition** refers to tooth against tooth friction, like grinding. **Abrasion** is wear from a foreign element against your tooth, like abrasive toothpastes.

A custom mouth guard can **PROTECT** your teeth from wear and tooth fractures as you sleep.

ABRASION is caused by mechanical actions such as chewing hard foods, improper or overzealous brushing, abrasive toothpastes, and using your teeth as a tool (*nail biting, ice chewing, garment-tag clipping, etc.*) that eventually wear down tooth enamel.

Our Goal Is to Help Prevent Enamel Loss.

However, if your teeth are already showing signs of wear, **let's talk about ways to restore your beautiful smile!**

*Make your
appointment
today!*



Swimming Pool Accidents:

A COMMON CAUSE OF SUMMER DENTAL EMERGENCIES

School is finally out, and nothing sounds more like summer than kids splashing in the swimming pool!

Close supervision and a reminder to walk slowly on wet surfaces can be “tooth-saving!”

Running on slippery walkways sends many children headfirst into the concrete, often causing chipped, broken, or displaced teeth.

Diving into shallow water and hitting the bottom of the pool can push a tooth up and even fracture the jawbone!

Swimming underwater and quickly coming to the surface can cause swimmers to hit the hard ledge, easily fracturing or loosening front teeth.

Dealing With Dental Emergencies...

This is also the time of year when we see a spike in the number of kids coming in with one or more front teeth injured in skateboard, bicycle and sports injuries.

Even if the tooth isn't loose or broken, the nerve center of the tooth could be injured.

So, it's important to contact us immediately.

For teeth that have been knocked out, gently rinse the tooth in water if it's dirty. However, *do not* scrub the tooth.

Hold the tooth by the crown and not by its roots, as touching the roots can potentially harm the cells necessary for bone reattachment.

If possible, replace the clean tooth in its socket to keep it moist.

Otherwise, place the tooth in a cup of milk and bring it to our office as quickly as possible!

The best way to avoid these dental emergencies is to obey pool rules: No running, pushing or shoving.

Keep our number handy in case of an emergency! ❖

GOOD ORAL HEALTH IS Especially ESSENTIAL DURING PREGNANCY!



If you or someone you know is expecting, it's even more important to have regular dental visits!

Nearly half of all women develop “pregnancy gingivitis” commonly between the second and eighth months of pregnancy.

The rise in hormone levels during pregnancy causes the gums to swell, bleed, and trap food causing increased irritation to your gums.

Good oral hygiene has been shown to partially neutralize the hormonal effect that comes with pregnancy.

Gingivitis—a build up of plaque that causes infection and inflammation of the gums—should be treated with professional cleanings and proper home care.

When ignored, gingivitis can lead to periodontitis, a much more serious form of gum disease that may involve an infection of the gums and the underlying jaw bone.

PREVENTIVE DENTAL CLEANINGS AND ANNUAL EXAMS DURING PREGNANCY ARE NOT ONLY SAFE... THEY ARE RECOMMENDED!

Preventive Oral Care Is Safe and Recommended During Pregnancy!

Pregnancy and dental care questions are common for expecting moms.

Preventive dental care while pregnant is essential to avoid oral infections such as gum disease, which has been linked to preterm birth.

If you're already brushing and flossing twice a day, keep up the good work! But please schedule a checkup so we can track and treat abnormalities, if any, during your pregnancy.

Do What's Good for Mother and Baby!

Since the health of both mother and baby depend on good nutrition, it's also important to take care of dental issues that could interfere with healthy eating.

Due to the increase of potentially damaging acid in the mouth following morning sickness, you'll need to be diligent about keeping your mouth clean to protect your teeth.

Always rinse with water immediately after eating, drinking, or bouts of morning sickness. ❖

- *Relationship between Gingival Inflammation and Pregnancy:* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4385665/>
- <https://americanpregnancy.org/healthy-pregnancy/is-it-safe/dental-work-and-pregnancy/>
- <https://www.mouthhealthy.org/en/pregnancy>



If you're planning to travel, it's a good idea to schedule your family dental exams now to avoid dental emergencies when you're out of town!

Dental Emergencies Include:

- **Fractured, broken or knocked out teeth**
- **Lost crown or filling**
- **Broken braces or wires**
- **Cut lips or gums**
- **Tooth abscess**
- **Severe pain in teeth and/or gums**

Recommended Home and Travel Emergency Dental Kit:



- **Our phone number**
- **Gauze**
- **Rubber gloves**
- **Cotton balls**
- **Toothpicks**
- **Dental wax**
- **Dental floss**
- **Temporary filling material (found in drug stores)**
- **Handkerchief**
- **Small container with lid**
- **Ibuprofen**



Have a Safe Summer!