



• **MASCOT** •

A CARING APPROACH TO YOUR DENTAL HEALTH

### *Caring for Worn and Sensitive Teeth*

Loss of tooth structure (tooth wear) will inevitably result in changes in the appearance of teeth and facial aesthetics. Some of the factors that can contribute to tooth loss include:

- Repeated exposure to dietary and/gastric acids,
- Loss of the protective enamel layer and
- Teeth clenching or grinding (*bruxism*).

Loss of tooth structure can also lead to sensitivity and abscess formation, as well as speech and mastication problems.

By following a simple preventative regime, you can reduce the loss of tooth structure:

#### *Preventative Regime*

- Always maintain good home oral care – brush and floss your teeth after each meal and use a good mouth rinse (such as Listerine).
- Maintain regular (six monthly) checks with your Dentist to ensure decay is identified and treated early.
- Protect heavily filled teeth with a crown.
- If you clench or grind your teeth, use a nightguard or occlusal splint. Use relaxation and stress management programs.
- If you suffer from any medical conditions (such as diabetes) that can affect your teeth, consult your Dentist for advice on what you can do.
- Try to control and stabilize your dietary and gastric acids. Limit your consumption of fizzy drinks, sports drinks, cordials and fruit juices. Rinse your mouth with water after drinking these drinks.
- Chewing sugarless gum for 20 minutes after a meal stimulates saliva secretion, which in turn reduces bacteria in the mouth.

*Please feel free to contact your Dentist at any stage if you have questions.*

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