

CASTLE DENTAL CARE  
We'll take care of you

**Our Mission Statement:**

*“Our aim is to deliver  
the highest standard  
of care in a  
comfortable and  
friendly  
environment.”*



First Floor,  
Tangmere Square,  
Castle vale,  
Birmingham.  
B35 6DL

Tel: 08443878877

[www.castledentalcare.org.uk](http://www.castledentalcare.org.uk)

Opening Hours

Monday 9am - 5.30 pm  
Tuesday 9am - 5.30pm  
Wednesday 8.30am - 5.00pm  
Thursday 8.30am - 5.00pm  
Friday 8.30am - 4.30 pm

Wheelchair access available



Leaflet revised 24/6/10

# Acid Erosion And Soft Drinks



## Why are some soft drinks harmful for my teeth?

Some drinks contain large amounts of sugar and acids, these can cause **erosion** (a thinning of the enamel surface), and indirectly, dental decay by causing an increase in plaque (the sticky layer of food debris and bacteria).

## Are “diet” drinks better for my teeth?

Diet drinks, if they are totally sugar free, can be better for your teeth. However, you need to check the label to see there are no “hidden sugars”. For example, sucrose, glucose and fructose are all sugars in different forms.

Some drinks which are “Low Calorie” can sometimes be misleading because they may contain a combination of sugars and artificial sweeteners.

Many food manufacturers claim that their products are “low sugar” but low sugar still means that sugar is still present and even in small amounts can be harmful. Only drinks which are stated as “Sugar Free” are safer for your teeth. Also, beware of “Natural” products.

## Are fizzy drinks safe for my teeth?

No, all fizzy drinks contain acids which can dissolve away the teeth. Even the diet or sugar free sort are harmful and non-diet fizzy drinks also contain sugar.

## So, if I can't drink pop, what can I drink?

Safer alternatives are sugar free squash and **diluted** pure fruit juice in limited quantities, milk or tea and coffee **without sugar**.

The only safe alternative which can be drunk freely is “still” bottled or tap water. Avoid drinking pop straight from the bottle or can as this ‘bathes’ the front teeth with acid and sugar.

Better still drink through a straw as this takes the drink directly to the back of the mouth.

## Why are large quantities of pure fruit juice harmful?

Pure juices are often concentrated and being of fruit origin is high in fruit acids, which can cause erosion. It is wiser to limit these to one or two glasses per day and even better to dilute them 50/50 with water.

## How can I prevent erosion progressing any further?

- Investigate your diet to see where the source of acid is coming from
- Talk to your GP if you suffer from frequent vomiting or acid reflux
- Limit acidic food or drinks
- Do not brush teeth after eating acidic foods

- Do not brush after Vomiting
- Do not drink acidic drinks last thing at night
- Do not retain acidic drinks in the mouth before swallowing

## What are the main sources of acid?

- Drinks containing citric acid - eg orange, grapefruit, lemon, blackcurrant
- Alcopops and designer drinks
- Cider
- White wine
- Fruit teas (but not Camomile)
- Some sports drinks which contain acid
- Acidic fresh fruit - lemons, oranges, grapefruit - that are consumed with high frequency
- Pickles
- Chewable vitamin C tablets, aspirin, some iron preparations

