

Take Care Of Your Tooth ENAMEL

Tooth enamel is the hardest substance in the human body. But don't let that fool you—it's far from invincible. In fact, there are things you may be doing on a regular basis that weaken your enamel, which could lead to more frequent cavities, tooth discoloration and sensitivity.

A Protective Barrier

The enamel makes up the tooth's protective outer layer and is the first line of defense against harmful acids and bacteria. Unlike other parts of the body, tooth enamel cannot regenerate or heal. This means that once damage is done to the enamel, it cannot be repaired. That is why we want to give you some tips on how to best take care of your teeth and keep your tooth enamel in tiptop shape!

Watch What You Eat & Drink

Sugary, starchy and acidic foods and beverages are the top offenders when it comes to weakening and ultimately eroding tooth enamel. Calcium-rich foods and drinks, however, help to neutralize acids in the mouth and strengthen tooth enamel. You can find calcium in spinach, kale, okra, collards, white beans; fish, like sardines, salmon, perch, and rainbow trout.

Our simple recommendation is to try to eat healthier and cut back on sugary snacks and drinks. Soda is especially damaging to tooth enamel due to its high sugar content and acidity. If you must drink something acidic or sugary, even fruit juice, use a straw!

Drink Plenty of Water

Drink water throughout the day to avoid dry mouth. Rinse your mouth out with water after meals to get rid of food debris as well as stimulate saliva flow. Not only does our saliva contain antimicrobial agents that protect teeth and defend against bacteria, it also consists of calcium and phosphate that remineralize and build up tooth enamel.

Brush & Floss Properly and Regularly

When bacteria in the form of plaque remains on the teeth for long periods of time, it produces acids that eat away at tooth enamel. Regular brushing and flossing eliminates plaque and food debris. Be sure not to brush too aggressively as this habit will weaken enamel over time.

See Your Dentist

Regular checkups and cleanings are vital to maintaining a healthy mouth. When you come in for your appointments, we look for signs of tooth enamel wear, such as tooth grinding and cavities, and can help you get them under control early.



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