

## A brief description on dental erosion

**Received:** July 10, 2021; **Accepted:** July 18, 2021; **Published:** July 28, 2021

Now a day's dental erosion is a very common problem found in youth. It is popular in the name of loss of tooth enamel or acid wear. It is due to acid attack and that acid may be natural acid which is produced by the body secretory gland or artificial acid which is present in various foods and drinks. Due to acid exposure, the hard protective layers of the tooth which protect sensitive dentine degrade day by day and when it completely disables person start to feel pain and sensitivity.

When a person goes through this condition, tooth commonly looks as hollows in teeth and a general wearing away of tooth surface and biting edges which can contaminated the dentine underneath and then become looks a darker yellower colour than the enamel.

This problem happens due to eat or drink any acidic product which causes the enamel on teeth becomes softer for a few moments and then loses some of its mineral content.

There are various sign and symptoms of dental erosion like-

- Loss of the surface of the tooth causes to a smooth shiny appearance. Dental erosion can also make any exposed tooth root sensitive to hot, cold or sweet foods and drinks.
- The enamel may wear away to reveal the underlying dentine and that areas look like yellow depressions on the tooth surface.
- It becomes more prominent when the surrounding tooth surface is dissolving away due to the reason of erosion.
- Like other erosion process dental erosion also a long term and time taking process so if a person takes some precautionary steps then they can avoid these types of consequences.
- Always try to eat a healthy and well-balanced diet.
- Drink fluoridated water instead of soft drink or juice.
- Always prefer to eat fruit rather than drinking fruit juice.
- Try to reduce how frequently eat or drink anything acidic and reduce the time it is in mouth.
- Take medical treatment for management of reflux or vomiting.
- Never ever chew vitamin C tablets.
- Always prefer sugar-free chewing gum after meals to

## Abeer Elsayed Elembaby\*

Professor, Department of Restorative Dental Science, University of Dammam, Saudi Arabia

### Corresponding author:

Abeer Elsayed Elembaby, Professor, Department of Restorative Dental Science, University of Dammam, Saudi Arabia

 aeelembaby@iau.edu.sa

**Citation:** Abeer Elsayed Elembaby (2021) A brief description on dental erosion. Dent Craniofac Res Vol.6 No.4

increase saliva flow or secretion in mouth because saliva is very important for protecting teeth from erosion.

- Always prefer dental products containing 'stannous fluoride' [tin (II) fluoride]. It is found that stannous fluoride is effective in reducing tooth erosion.
- Always rinsing mouth with water or by a fluoride mouth rinse
- Also can prefer bicarbonate (baking soda) mouth rinse (one teaspoon of baking soda in a glass of water)
- Consuming dairy products.
- Some steps to minimise tooth wear include:
- Try a soft-bristled tooth brush with fluoridated toothpaste.
- Never ever used abrasive toothpastes (some whitening toothpastes and charcoal-based toothpastes are more abrasive).
- Make sure you have neutralised any acid before brushing your teeth.
- Wear a custom made dental splint if you grind your teeth at night.

## Acknowledgment

The authors are grateful to the journal editor and the anonymous reviewers for their helpful comments and suggestions.

## Declaration of Conflicting Interests

The authors declared no potential conflicts of interest for the research, authorship, and/or publication of this article.