



LS Dental

Ipoh · Dr. Kent Teoh

PATIENT GUIDE

Acid is **wearing** your teeth

Acid slowly dissolves enamel — and enamel never grows back. The good news: it's easy to slow down once you know the sources.

● **Fizzy & sour drinks**

● **Acid reflux**

● **Frequent vomiting**

A different kind of **tooth damage**

Most people know about decay from sugar and bacteria. **Erosion is different:** acid itself dissolves the hard enamel surface across whole areas of the tooth. And unlike a graze on skin, **enamel doesn't heal or grow back.**

● **Decay**

- Bacteria + sugar make acid in one spot
- Starts as a small hole (cavity)
- Filled by the dentist

Erosion

- Acid washes over **broad surfaces**
- Enamel thins evenly — no single hole
- Prevention matters most; enamel won't regrow

Why it's sneaky: it's painless at first and easy to miss — often the dentist spots the pattern before you feel anything.

The main acid sources

Acid reaches teeth from what you eat and drink, and from stomach acid coming up. It's the **frequency** and **contact time** that do the damage, not one-off treats.

DRINKS

Fizzy drinks, sports and energy drinks, citrus juices, wine and vinegar — **sipping slowly is worst.**

FOODS & HABITS

Citrus fruit, pickles, and habits like **sucking lemons** or holding sour sweets in the mouth.

ACID REFLUX (GERD)

Stomach acid creeping up — often at night — wears the **inner and biting surfaces.**

VOMITING

From eating disorders or pregnancy sickness — repeated exposure is very damaging.

Spotting the source matters: erosion mainly on the **inner/upper** surfaces points to reflux or vomiting; on the **front/outer** surfaces points to drinks and foods.

What eroding teeth **look like**

Erosion builds slowly, so the signs are easy to miss. Watch for a change in **look and feel** rather than a single hole.

**Thin, shiny, yellower teeth**

darker dentine shows as enamel thins

**Sensitivity**

twinges to cold, sweet or air

**Cupped, rounded surfaces**

little dents on the biting edges

**Chipped edges; proud fillings**

fillings stand higher as enamel wears away

Catch it early: once enamel is gone it can't be replaced — but stopping the acid halts the wear, and worn teeth can be rebuilt if needed.

Simple ways to **slow it down**

You don't have to give up everything — small changes to **timing and habits** make a big difference.



Keep acids to mealtimes — fewer separate acid "hits"



Use a straw for fizzy/sour drinks; don't sip slowly



Rinse with water after acid; finish with milk or cheese



Don't brush straight after — wait ~30–60 min



Fluoride toothpaste strengthens what's left



Treat reflux or vomiting at the source — see a doctor

Teeth looking thin or feeling sensitive?

We'll find the acid source and protect what's left.



wa.me/601111896237