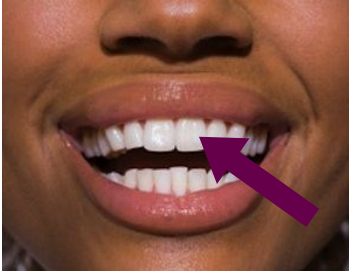




## All about tooth erosion



Our teeth have a hard white covering on the outside

This is called enamel



Enamel is very strong



Over time acid can wear the enamel away

When this happens it is called erosion



Erosion can make your teeth look see through



Erosion can make your teeth hurt when you have hot or cold things



MacIntyre i4t group have some Top Tips to help you to stop the enamel from wearing away on your teeth



Water is one of the best drinks for our teeth



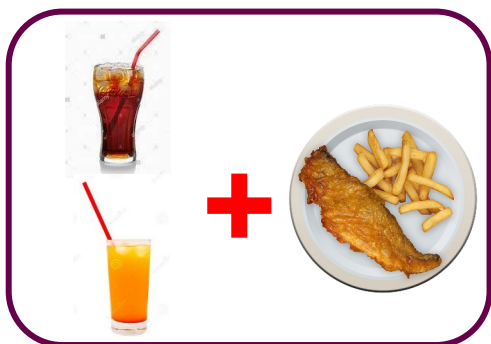
Milk is also a good drink for our teeth



Fizzy drinks and fruit juices have acid in them  
Acid is not good for our teeth



Even flavoured water has acid in it and is not good for our teeth



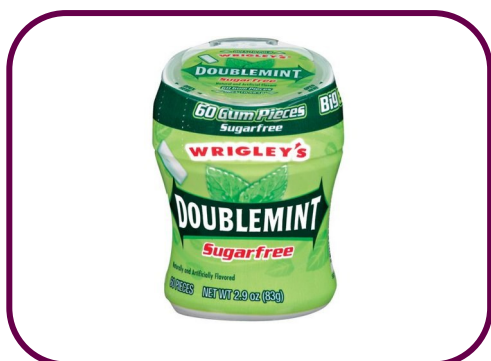
If you do have fizzy drinks or fruit juice only have them at mealtimes



Use a straw with fizzy drinks and juices



After a meal you can drink a glass of milk or eat a very small piece of cheese to help repair your teeth



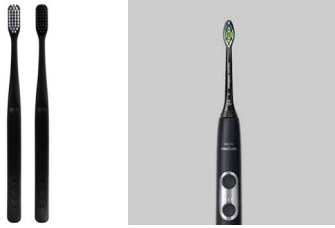
You can chew sugar free gum after a meal to help repair your teeth



There is also acid in

- Wine
- Oranges and lemons
- Sports drinks

# Brushing our teeth



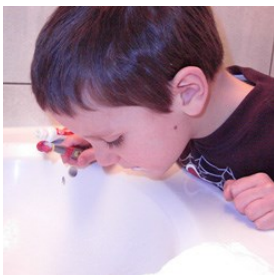
- The best toothbrush to use is
- a small headed toothbrush or
  - an electric toothbrush



Brush your teeth 2 times a day  
Brush them in the morning and at night



Use a pea sized blob of toothpaste



You should spit out the toothpaste  
Do not rinse  
The toothpaste will help your teeth to repair the enamel



The spit in your mouth helps to clean your teeth after a meal  
so don't brush your teeth straight away



This leaflet was made by the MacIntyre i4t group in Chesterfield



MacIntyre i4t group are Dental Health Champions for people with a learning disability in Derbyshire



I4t group show people with a learning disability how to look after their teeth



You can find out more about our group on Twitter

Twitter @MacIntyre\_I4T



You can find out more about MacIntyre in Chesterfield on Facebook

@MacIntyreDerbyshireandLeicestershire