

Dental Samples

Do Energy and Sports Drinks Damage Your Teeth?

If you are someone who is heavily involved in physical activity you know just how refreshing a sports drink can be. Did you know these types of drinks can cause serious damage to your tooth enamel? When you drink an energy or sports drink you increase your risk of getting cavities.

The Studies Don't Lie

In a study done by researchers two important things were analyzed about these drinks: the fluoride content levels and the pH levels. For the study 13 sports drinks and 9 energy drinks were used.

To adequately analyze these factors the researchers used tooth enamel samples and soaked them in all of the drinks. Each sample was soaked in a drink for 15 minutes. They were then soaked another two hours in artificial saliva. This took place four times a day for 5 days.

What researchers found was pretty amazing. While all sports and energy drinks can be harmful to your teeth, there are some that are twice as harmful as others. For example, drinking energy drinks such as Red Bull and Rockstar can lead to twice as much enamel loss than drinking sports drinks such as Gatorade or Powerade.

Benefits of Sports and Energy Drinks

There are some health benefits associated with drinking fruit juices, flavored water, sports drinks and energy drinks. They do contain some valuable ingredients, such as antioxidants and electrolytes. They are also great for helping replenish your body with nutrients lost during physical activity.

However, you must be careful when consuming these drinks. These beverages are full of sugar and can really harm your teeth. What most people don't know is that sugar turns to acid. That acid will then eat away at your teeth. This is what ultimately causes tooth sensitivity, cavities and in some cases tooth loss.

Even just one drink a day can be harmful to your oral health. If you can't do without your energy or sports drink every day, at least take the time to rinse your mouth with water after drinking one.

Should you brush your teeth after drinking a sports or energy drink?

Avoid brushing your teeth immediately after drinking a sports drink. The acid causes your enamel to be softened and brushing your teeth could lead to damage. It takes your mouth half an hour for its pH level to go back to normal. It is recommended you wait at least an hour before brushing.

As your Chino Valley dentist our goal is to help you take great care of your teeth. That is why we encourage you to read all labels on sports drinks before drinking them. This way you will know exactly what you are taking in and how it might affect your teeth.

Do you Know How to Floss With a Permanent Retainer?

Flossing is very important and one of the best things to do for your teeth. However, flossing with a permanent retainer can be very difficult. This type of retainer is bonded behind the teeth to look nice and make maintenance easier. However, it can make it harder to floss.

A permanent retainer will accumulate plaque if it's not cared for properly. This can make it require more time to floss and you may need to put in more effort. Understanding how to floss with a permanent retainer is important, whether you're an adult or a child. If you're not sure how to do this properly, consult your children's dentist in Livermore or your family dentist in Livermore for more information.

Here are a few tips to help you floss better with a permanent retainer.

Use Floss Threaders

Floss threaders can be very helpful and can give you just what you need to floss with a permanent retainer. Since the retainer is bonded to every tooth to make it very reliable, it takes extra effort to floss. The floss threaders, which are small plastic needles, make it easier to direct the floss between your teeth and under the retainer. After you get the floss under the wire, you can move it however necessary.

When using this type of method, you will need to re-thread the floss after every two teeth. You may also want to use "superfloss" with this method since it's pre-cut and stronger than regular floss. It can be found at most pharmacies.

Try using Picks

Another good choice for flossing with a permanent retainer is to use a pick. A pick is a small brush that fits between your teeth. Soft-Picks are the best for this type of situation and won't cause any damage to your enamel. They're made with rubber and plastic only, which makes them durable enough to do the job, but not harm the teeth.

These two methods of flossing make it possible and much easier if you have a permanent retainer. There are many other tricks you can use to work with Superfloss, a floss threader or with picks. Which method works best for you will depend on the actual permanent retainer you have and what you feel most comfortable with. Since some permanent retainers are not attached to all of the teeth, the method you choose must be one that fits your specific need. If you need help or have questions, just contact your regular dentist.

What Should You Know About Brushing Teeth with Braces?

If your child has braces, it's important to understand how they should brush their teeth. The best way to find out how to brush teeth with braces is to ask your children's dentist in Livermore. However, you can start with the tips found below.

Type of Toothbrush

Brushing your teeth with braces starts with choosing the right toothbrush. A soft bristle toothbrush is the best choice because it will help to keep the teeth and the braces clean. You won't be able to brush the actual teeth without brushing your gums, so a soft toothbrush makes sense. Hard or medium bristle toothbrushes can hurt your gums and even cause them to bleed.

Use a Wet Toothbrush with No Toothpaste First

Start by brushing with just a wet toothbrush without toothpaste. This will make it easier to see what you are doing without the foam in your way. It will also help to release any food particles and plaque from around the braces. After you've covered your teeth thoroughly, you can add a small amount of toothpaste and brush more.

Two Minutes Minimum

When you have braces, you have to make sure you brush thoroughly. At least two minutes of brushing will help to ensure your teeth become clean and stay clean. Make sure you spend at least 30 seconds on each of the four quadrants of your mouth. It may be helpful to time yourself when you brush.

Choose Tasty Toothpaste

Most toothpaste is made about the same and since your child has braces, you may want to choose toothpaste, which tasted good to them. This will help to ensure they brush for the full two minutes and get the most out of actually brushing.

Rinse After Brushing with Water

After you brush in the morning, it's a good idea to rinse with water. This will help to get rid of some of the remaining food particles. Rinsing will also allow you to remove the foam left from brushing.

Consider an Electric Toothbrush

Technology is a great thing and an electric toothbrush is a great choice for a child with braces. This type of toothbrush can help clean your teeth better and can also help encourage kids to brush more often.

There are many things you should know about brushing your teeth with braces. If you need advice to help your child brush better, make sure you contact your Livermore dentist.

What Should You Know About Caring for Your Braces?

If you've recently seen your orthodontist in Chino Valley or you will be seeing one soon, you may need to know how to care for braces. There are many things you should know and your orthodontist will certainly provide you with the details. However, if you're a bit curious, here's a look at what to expect.

Mouthwash is your Best Friend

When you have braces, you have to use mouthwash often. This may not replace brushing your teeth, but it will certainly help get the spots your brush won't reach.

Mouthwash helps to kill the bacteria and get them out of your mouth. It can also help to break up any food particles left in your mouth after brushing.

Brushing More than Normal

Unless you're used to brushing your teeth after every meal, this will be something new for you. When you have braces, you will need to brush after every meal. It doesn't matter if you're at school, the office or on vacation, you will need to brush after you eat.

Avoiding Certain Foods

Your Chino Valley Orthodontist will give you a list of foods you will need to avoid after your braces are put on. These foods can hurt your teeth or easily get stuck in your braces. This makes it harder to clean the braces and could actually cause them to come off. Make sure you pay close attention to the foods your orthodontist recommends you avoid.

Daily Flossing

Whether you floss now or not, you will need to with your braces. This will help to ensure you get the areas brushing and mouthwash just cannot reach. You will also need to use a dental needle to floss under the wires.

Fluoride Treatment

A professionally applied fluoride treatment will also help when you have braces. This type of treatment strengthens your teeth under the braces and helps to remove bacteria from hard to reach areas. You will want to ask your dental professional about this type of treatment. They can let you know how often it is necessary to help keep your teeth clean when you have braces.

These guidelines, along with any provided by your orthodontist in Chino Valley should be followed. If not, you could end up with complications, bacteria build up around the braces or something worse. If your braces come off due to eating the wrong foods or improper care, it can also become very expensive. Make sure you follow these care tips for your braces and any other tips given to you by your orthodontist.

Should You Choose to Go Natural with Your Toothpaste?

With so many people moving towards natural products in many parts of their life, you may be considering natural toothpaste. It's not a small decision to go natural with your toothpaste, but it could make a difference. Here are some of the things that are different from natural toothpastes to the others.

Natural Toothpaste is quite different from others and doesn't contain:

- Artificial sweeteners
- Artificial flavors
- Artificial colors
- Preservatives
- Fluoride
- Sodium lauryl sulfate
- Or any other unnatural ingredients

There are many types of toothpaste out there with these ingredients in them. Many types of toothpaste use artificial sweeteners, such as saccharin, while natural toothpaste doesn't. Most natural toothpastes get their sweetness from stevia or sugar alcohol xylitol.

Along with the sweeteners, many types of toothpastes have artificial flavors and colors. These can range from synthetic flavors to artificial colors, such as green, red or blue. The colors are usually dyes, while natural toothpastes won't use these. It comes in one color, which is white.

Preservatives are often found in conventional toothpastes, as well. Often it's sodium benzoate, ethyl paraben or methyl paraben. These preservatives allow the toothpaste to remain fresh and keep the growth of microorganisms out. Natural toothpaste uses citric acid for preservation.

Fluoride is a common cavity preventer found on toothpaste and other dental products. However, it's not considered natural by very many. Some natural toothpaste will use fluoride, while others won't.

The foaming agent found in most toothpaste is sodium lauryl sulfate or SLS. This ingredient can irritate the skin of some and can cause canker sores. Natural toothpaste will not use SLS, while most conventional toothpaste brands will use it.

Which one is Best?

Neither conventional toothpaste nor natural toothpaste is harmful. Either one can be used, but if you prefer to keep artificial ingredients out of your body, natural toothpaste is the way to go.

If you have any doubts about the type of toothpaste you should use, you can always speak with your Hemet family dentist and see which type is best for you. Some will recommend a specific type of toothpaste based on the type of issues you may face in your mouth, such as sensitivity or gum disease.

Whether you choose a natural or a conventional type of toothpaste, you need to make sure to brush at least a few times a week. Both types of toothpaste will help get your teeth clean.

