

Advanced Treatments for Severe Tooth Erosion

Fan Yun*

Department of Dentistry, Chung Shan Medical University Hospital, Taichung, Taiwan

DESCRIPTION

Tooth erosion is a dental condition that occurs when the enamel on surface of teeth wears away due to exposure to acid. Enamel is the hard, protective layer that covers the outside of the teeth, and it is essential for maintaining the health and integrity of the teeth. When enamel erodes, the teeth become more vulnerable to cavities, decay, and sensitivity.

Causes

Tooth erosion can be caused by a variety of factors, including:

Acidic foods and beverages: Consuming acidic foods and drinks, such as citrus fruits, soda, sports drinks, and wine, can erode the enamel on surface of the teeth over time.

Dry mouth: Saliva helps neutralize acid in the mouth and prevent tooth erosion. When people have a dry mouth, someone's teeth are more susceptible to acid erosion.

Acid reflux: Gastro Esophageal Reflux Disease (GERD) and other conditions that cause acid reflux can lead to tooth erosion over time.

Genetics: Some people may be more prone to tooth erosion due to genetics.

Environmental factors: Environmental factors such as pollution and climate can also contribute to tooth erosion.

Symptoms of tooth erosion

Tooth erosion can cause a variety of symptoms, including:

Sensitivity: As the enamel wears away, the teeth may become more sensitive to hot, cold, or sweet foods and drinks.

Discoloration: The erosion of enamel can cause surface of the teeth appears yellow or discoloured.

Rounded teeth: As the enamel wears away, the teeth may become more rounded in shape.

Cracks and chips: Tooth erosion can weaken the teeth, making them more susceptible to cracks and chips.

Cupping: In severe cases, tooth erosion can cause small, shallow dents or pits in the surface of the teeth, a condition known as cupping.

Treatment

The treatment for tooth erosion depends on the severity of the condition. In mild cases, the dentist may recommend the following:

Fluoride treatments: Fluoride can help strengthen the enamel on teeth and protect against further erosion.

Dietary changes: Avoiding acidic foods and beverages can help prevent further erosion.

Saliva stimulants: Dentist may recommend using products that stimulate saliva production to help neutralize acid in the mouth.

Brushing and flossing: Brushing and flossing regularly can help remove acid and bacteria from teeth, reducing the risk of erosion.

In more severe cases of tooth erosion, dentist may recommend more invasive treatments, such as:

Dental bonding: Dental bonding involves applying a tooth-colored resin to the teeth to cover up areas of erosion and improve the appearance of ones smile.

Dental crowns: Dental crowns are custom-made caps that fit over the teeth to restore their shape, size, and strength.

Dental veneers: Dental veneers are thin, custom-made shells that are bonded to the front of someone's teeth to improve their appearance and protect against further erosion.

Tooth extraction: In rare cases, severe tooth erosion may require the extraction of the affected tooth.

Tooth erosion is a common dental condition that can cause a variety of symptoms, including sensitivity, discoloration, rounded teeth, cracks, and cupping. The condition can be caused by a variety of factors, including acidic foods and beverages, dry mouth, acid reflux, genetics, and environmental factors. Treatment options for tooth erosion depend on the severity of the

Correspondence to: Fan Yun, Department of Dentistry, Chung Shan Medical University Hospital, Taichung, Taiwan, E-mail:yun@gmail.com

Received: 20-Feb-2023, Manuscript No. JOY-23-22778; **Editor assigned:** 23-Feb-2023, PreQC No: JOY-23-22778 (PQ); **Reviewed:** 10-Mar-2023, QC No: JOY-23-22778; **Revised:** 17-Mar-2023, Manuscript No: JOY-23-22778 (R); **Published:** 24-Mar-2023, DOI: 10.35248/JOY.23.7.651

Citation: Yun L (2023) Advanced Treatments for Severe Tooth Erosion. J Odontol. 07: 651

Copyright: © 2023 Yun L. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

condition and may include fluoride treatments, dietary changes, saliva stimulants, brushing and flossing, dental bonding, dental crowns, dental veneers, or tooth extraction. Tooth erosion can often be prevented by avoiding acidic foods and beverages, drinking

plenty of water, using a straw, chewing sugar-free gum, using fluoride toothpaste, and scheduling regular dental check-ups. By taking these steps, someone can help protect their enamel and maintain the health and integrity of the teeth.