



Worn Teeth

Your tooth enamel is constantly grappling with the things we eat and drink. Let's discover the underlying causes of worn teeth.

Causes

Tooth Erosion:

This refers to the wear of tooth enamel and is typically caused by acid in your diet (found in citrus fruit, soft drinks and certain candies). Your daily cup of tea or coffee can also contain harmful and corrosive acids. Another cause is people who suffer from bulimia (strong stomach acids through continued vomiting)

Tooth Abrasion:

This is the wearing away of tooth enamel as a result of behavioural habits, such as:

Teeth grinding (often related to stress), Brushing your teeth too hard, Biting your fingernails, Chewing a pen/pencil or Wearing oral jewellery like lip and tongue studs.

Treatment Options

Cosmetic Solutions

- Porcelain Veneers
- Dental Crowns
- Dental Composite Bonding