



Newsletter Articles

Can reflux and heart burn be bad for your teeth?



This article explains how reflux and heartburn can damage teeth.

What is reflux?

- Reflux (also called GERD) is when stomach acid comes back up the food pipe. Sometimes it reaches the mouth.
- It can cause burning, coughing and a sour or bitter taste.
- Stomach acid is very strong. Over time it can dissolve teeth.
- It usually wears the backs of the front teeth and the tops of the bottom back teeth. Teeth can become thin and break easily.

What to do

- See your doctor (GP) to treat the reflux first. Being overweight and drinking a lot of alcohol can make it worse.
- Acidic drinks like wine and pre-mixed drinks attack teeth too.
- Some dental products can help strengthen and repair worn teeth.

After reflux or vomiting

- **Do not brush straight away.** Acid makes teeth soft. Brushing will wear them away more.
- Rinse with water, chew sugar-free gum or take an antacid tablet.
- Wait at least 30 minutes, then brush.