

Drinks and Dental Decay

Soft Drinks and Sport Drinks

Most people are aware that soft drinks are a major cause of decay due to the significant concentration of sugar (a 600ml can contain up to 13 teaspoons of sugar) but not many realise that sports drinks also contain high levels of sugar. Both sports drinks and soft drinks are also have high acid levels which is another factor that can potentially damage teeth.



Bottled Water

Bottled water is another product that have an affect on oral health. Increased consumption, particularly by children may put them in greater risk of tooth decay. This is because they are not consuming as much fluoridated tap water. Fluoride in drinking water has been essential to ensuring strong and healthy teeth for generations of people. If fluoridated tap water is unavailable then bottled water is still better alternative than juice, cordial, sports drinks, carbonated or uncarbonated drinks.

Keys to Maintaining Good Oral Health

Enjoying food and drink is part of living a balanced life, and it isn't necessary to cut out these drinks all together.

Instead there are some key things people can do to ensure that while they are enjoying their choice of beverages, they are still maintaining their oral health:

- Reduce intake of soft drinks and sports drinks
- Avoid holding or 'swishing' soft drinks or sport drinks around the mouth as this increases the likelihood of dental decay and enamel erosion.
- Use a straw where possible to minimise exposure of the beverage to teeth.
- Try to drink chilled soft drinks as cooler temperatures have been shown to be less likely to encourage tooth erosion.
- Drink fluoridated tap water as much as possible.

Tendler Office Hours

Dr Sam Lawrence

Monday -Thursday 8.00-5.30pm
Saturday 8.00-1.00pm by appointment only

Dr Bill Sergakis

Tuesday 8.00-7.30pm
Wednesday 2.00pm-7.30pm
Friday 8.00am-1.00pm

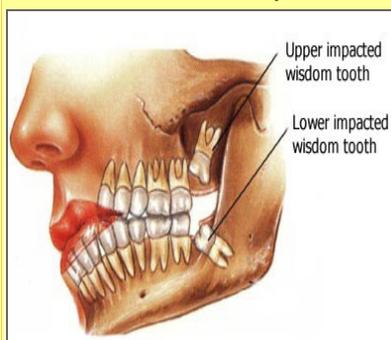
Dr Paul Aulakh

Monday 8.00-12.30pm

W i s d o m T e e t h

Wisdom teeth are the rear molars that erupt last, usually around the late teens or early 20s. There are normally two wisdom teeth in the upper jaw and two in the lower jaw, but some people have fewer than four or even none at all. Wisdom teeth can cause various oral health or dental problems, including overcrowding and impaction. Common problems associated with impacted wisdom teeth include gum infections and tooth decay.

Impaction is where the wisdom tooth erupts at an angle which causes it to butt against the next-door tooth (hard impaction) or the gum (soft impaction). A wisdom tooth that grows on an angle can't contribute to chewing, which makes it useless and at times painful. It is sometimes recommended that problem wisdom teeth be removed. X-rays taken while the teeth are still erupting can show whether or not they will cause difficulties.



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Welcoming to our dental team

Dr Paul Aulakh

Our very own experienced dentist in Oral Surgery.



Dr Bill Sergakis

Dr Samuel Lawrence

Dr Paul Aulakh

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Sensitive Teeth

You take a drink of iced tea, bite down on a candy bar, or slurp some hot soup and the electric stinging sensation in one or more of your teeth sends you flying out of your seat. You've got "sensitive teeth," a rather mild name for what can be a wildly uncomfortable condition.

What is dentine hypersensitivity?

Dentine is the soft inner part of the tooth under the hard outer enamel surface. Usually, a short sharp pain coming up from exposed dentine due to cold, air, acid, touch and heat is known as dentine hypersensitivity.

You may get similar pain caused by other dental diseases and conditions. Tooth decay, cracked teeth, chipped teeth, broken filling, and gum disease are some examples. Your dental professional will check your teeth and tell you whether the pain is due to hypersensitivity or not.

What causes dentine exposure?

Many factors play a role in causing dentine exposure.

- Receding gums
- Tooth wear due to brushing too hard, incorrect brushing, acid in diet, vomiting or reflux problems and grinding teeth
- Advanced gum disease (and its treatment)
- Unsatisfactory tooth fillings.



Baby Teeth and Keeping Them Clean.

Once your baby's teeth arrive, it's up to you to [keep them clean](#). It's best to start brushing your baby's teeth as soon as they start to come through.

Once your baby has teeth, try not to put him/her to bed with a bottle or [breastfeed him to sleep](#). [Formula](#) and [breast milk](#) can pool in your baby's mouth at night and lead to [tooth decay](#).

Check with your dentist about giving your baby fluoride. Fluoride can help prevent tooth decay but it's important to give the right amount. Too much may damage your baby's developing teeth.

Make brushing your baby's teeth a fun part of his [bedtime routine](#). Show him/her how to move the brush around on his teeth. Use a soft baby toothbrush and a smear of toothpaste,

You don't have to brush in a certain direction, just try to get any bits of food out, and clean the surface of his/her teeth and his gum line.

It's a good idea to take your baby along to your own dentist appointments as soon as you can. This will help him/her to get used to the idea of having his/her teeth looked at.



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Ms Katie Robertson

Month of September
Miss Katie Walters

Month of October
Miss Brooke Dillon



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