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COSMETIC, RESTORATIVE AND PREVENTIVE CARE

ORAL ANTI-AGING™

How to Protect Your Teeth When You Have Bulimia.

Problems:

- Erosion of the teeth
- Decay
- Increased sensitivity
- Salivary gland swelling
- Dry mouth
- Mouth sores
- Altered taste

These problems arise from stomach acid that is exposed to the oral cavity from frequent vomiting.

Basic Care:

Ideally teeth should be brushed twice a day using a small headed, soft or extra soft bristled toothbrush and fluoride toothpaste (1500 parts per million fluoride). It is important to clean between the teeth and below the gum line. This can be done using dental floss, interdental brushes or Waterpik®.

Prevention:

- After an episode of vomiting, teeth should not be brushed for at least an hour to allow the acid conditions created in the mouth to settle down. If the teeth are brushed immediately after vomiting, acid is brushed directly onto the tooth surface, causing further destruction.
- A tongue scrapper can and should be used after vomiting.
- Following an episode of vomiting, it is advisable to rinse the mouth out with water or ideally a fluoride mouthwash to avoid the effects of gastric acid on the teeth. There are also neutralizing mouth rinses that can be used daily and after episodes of vomiting. CariFree is a good product. (carifree.com)
- After bingeing on sugary foods/drinks, the mouth should be rinsed with water or a fluoride mouthwash. Take care not to exceed the recommended dose.
- To help with dry mouth I suggest the use of sugarless gum with xylitol. Chewing gum promotes salivary flow and xylitol has some antimicrobial properties.

In a dental office:

- Custom trays can be made and fluoride gel can be placed in the trays to increase remineralization.
- It is important to visit the dentist regularly for check-ups.
- Ask your dental providers to minimize the use of abrasive materials during dental treatment.
- For tooth hypersensitivity use potassium oxalates, strontium chlorate, fluoride varnish, or desensitizing toothpastes.