



IMPORTANT!

Drinks to have in moderation while in your braces...

Soft Drinks: Diet, Regular, Clear or Dark.....

Regular and Diet soft drinks both have the potential to damage teeth. They are both very acidic and they typically contain 9-12 tablespoons of sugar per 12oz serving. The bacteria that leads to cavities survives by eating the sugar and once it is digested by the bacteria, it creates even more acid.



Orange Juice, apple juice and lemonade are all very acidic drinks!



Juice and Sports Drinks....



High acidity levels designed to keep sports drinks on the shelf longer can dissolve tooth enamel. Athletes who drink the sports drinks are more at risk because their activity levels decrease saliva production which is responsible for regulating acidity in the mouth.

Tips for consuming acidic or sugary drinks:

1. Only drink them with a meal. Chewing your food will help minimize the risk of acid attaching to your enamel!
2. Don't sip on any of these drinks throughout the day!
3. Drink them out of a straw that is placed towards the back of your mouth. This will minimize "bathing" your teeth in the acid.
3. Rinse your mouth out with water or brush your teeth after finishing the drink.

DAMAGE THAT CAN OCCUR!

