

# How can you help protect your teeth from acid erosion?

Are your teeth at risk?

- Don't swill acidic drinks around your mouth before swallowing
- Acidic foods can be potentially damaging to your teeth
- Drink water after meals to help wash away the acids
- Drink cold acidic drinks through a straw placed towards the back of your mouth
- Finish a meal with dairy products, they help neutralise the acids
- Wait at least one hour after eating or drinking before brushing your teeth



Ask your dentist or hygienist about Sensodyne® ProNamel™ toothpaste.