

EP. 43 Is Bottled Water Bad for Your Teeth?

In a world where we've come to believe that tap water is bad for you, so many consumers now drink bottled water. Most bottled water does not have fluoride. Plus, many common brands are acidic.

It takes 20 minutes for your mouth to neutralize after drinking or eating anything acidic. If you are constantly sipping acidic beverages, your mouth will never be in a neutral state.

Dive deeper into your patient's habits, especially if they have signs of acid erosion. Most people are not aware that many of the common bottled water brands are acidic.

Anything with a pH of 5.5 is acidic to enamel and a pH of 6.5 is acidic to dentin. What does this mean for our patients?

1. We must educate our patients on the levels of acidity in common bottled water brands. There are better options that are neutral or even alkaline.
2. Offer solutions for patients with acid erosion, such as fluoride varnish and/or take home fluoride toothpaste.
3. Have a pH printout of the most common beverages and show it to your patient.

Meet with your team and come up with options for your patients with acid erosion and a plan of action for educating them on the side effects of acidic water.