

What are sports drinks really doing to your teeth? - Smile Solutions

Canonical: <https://www.smilesolutions.com.au/dental-articles/article/sports-drinks-really-teeth/>

Details:

What are sports drinks really doing to your teeth? - Smile Solutions Skip to content Book Appointment Now Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth TMD & Teeth Grinding Snoring & Sleep Apnoea Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers & Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC Restorations Invisalign No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign Jaw Surgery Dental Implants All-on-4® Dental Implants Conventional & Immediate Implants Dental Bridges Bone Grafting For Implants Dentures Specialist Care Prosthodontists Oral & Maxillofacial Surgeons Periodontists Orthodontists Endodontists Paediatric Dentists Complex Dentistry Children's Dentistry First Visit To The Dentist Children's Dental Emergencies Children's Braces and Invisalign Child Dental Benefit Schedule Kids Teeth Cleaning Tips About Us Why Choose Us Our Team Our Location Technology Before & After Gallery Payment Plans Packages & Offers Contact Us Call Us 13 13 96 Smile Solutions 23 Sep 2018 What are sports drinks really doing to your teeth? It is a common misconception that energy drinks and sports drinks are "healthier" than soft drinks for our overall health. Sugar has a bad reputation (with good reason) when it comes to helping contribute to dental decay; however, what we seem to miss is the high acid content present in these drinks that can be causing irreversible damage to those (not so) pearly whites. What kind of damage do sports drinks cause? You may be consuming these drinks assuming that they will help improve sports performance and energy levels, but in doing so, you are essentially bathing your teeth in acid. A recent study from the Academy of General Dentistry found that sports drinks contain so much acid that they start destroying teeth after only five days of consistent use. Every time we sip on our sports drink we are feeding not only ourselves but also the bacteria present in our mouth. Bacteria tends to feed off sugar and produce acid – which in turn lowers the pH in our mouth and our saliva. As our oral environment becomes more acidic, the minerals in our teeth that help keep them strong begin to dissolve, which can accurately be described as an acid attack. By incorporating a high acid load in a drink you are essentially cutting out the middleman (being sugar) on the way to tooth decay. Whenever you take a sip throughout the day, you'll start a brand new acid attack that will last around 20 minutes. These consecutive acid attacks over time will start causing damage to our enamel, which can cause teeth to become sensitive to touch and temperature changes, and in turn be more susceptible to cavities and decay in the future. What can you do? Here are some tips that can help reduce damage, keeping your teeth pearly white and healthy: Drink sports drinks and energy drinks in moderation, if at all Use a straw so your teeth are less exposed to the sugar and acid in the drinks Take a drink of water, preferably tap water that has been fluoridated, after a sugary or acidic drink to help dilute the sugars and balance the pH in the oral environment. Also think about a sugar-free chewing gum to help stimulate saliva flow Protect your teeth by using fluoridated toothpaste . And make sure you brush and floss regularly – at least twice a day Avoid brushing your teeth immediately after consuming acidic drinks, the enamel is softer after an acid attack and brushing can remove small amounts of this softened enamel. Leave it for at least an hour before brushing Avoid sipping sugary or acidic drinks for a long duration of time. Doing so exposes your teeth to acid and sugar for longer. And also avoid them just before you go to bed Drink water instead! It has no acid, no sugar and better yet no kilojoules. Articles from Smile Solutions View Blogs Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference

Read More General Smile Solutions 10 Aug 2026 Mouth Breathing: The Silent Habit That's Changing Your Face and Your Health Read More General Smile Solutions 3 Aug 2026 How Much Does a Dental Crown Cost in Melbourne? Materials Compared Read More Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More General Smile Solutions 10 Aug 2026 Mouth Breathing: The Silent Habit That's Changing Your Face and Your Health Read More General Smile Solutions 3 Aug 2026 How Much Does a Dental Crown Cost in Melbourne? Materials Compared Read More Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More General Smile Solutions 10 Aug 2026 Mouth Breathing: The Silent Habit That's Changing Your Face and Your Health Read More General Smile Solutions 3 Aug 2026 How Much Does a Dental Crown Cost in Melbourne? Materials Compared Read More View Blog Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Our Services General Dentistry Cosmetic Dentistry Orthodontics Specialist Care Dental Implants Children's Dentistry Emergency Dentistry Why Choose Us Our Team Media Awards Careers Technology Location Holistic Dentistry Quick Links Contact Us Articles Packages & Offers Dental Payment Plans Understanding Your Treatment Sitemap Privacy Policy Copyright © Smile Solutions. All Rights Reserved. This site is protected by reCAPTCHA and the Google Privacy Policy and Terms of Service apply. Close Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth Snoring & Sleep Apnoea TMD & Teeth Grinding Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers & Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC Restorations Invisalign® No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign Jaw Surgery Dental Implants All-on-4® Dental Implants Conventional & Immediate Implants Dental Bridges Bone Grafting For Implants Dentures Specialist Care Oral & Maxillofacial Surgeons Prosthodontists Orthodontists Periodontists Endodontists Paediatric Dentists Complex Dentistry Children's Dentistry First Visit To The Dentist Children's Dental Emergencies Children's Braces and Invisalign Child Dental Benefit Schedule Kids Teeth Cleaning Tips Why Choose Us Our Team Our Location Technology Awards Holistic Dentistry Before After Gallery Payment Plans Packages & Offers Contact Us Call Us 13 13 96 Close Smile Solutions AI Assistant ■ Hello! I'm here to help you with questions about Smile Solutions. How can I assist you today? Popular questions: What services does Smile Solutions offer? How can I contact Smile Solutions What are your business hours? ■■ × 0 /1000 Contact Us Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Close Book Now