

What can I do to strengthen my teeth? - Smile Solutions

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using fluoride products, you will also need to reduce the consumption of sugar. Citric and acidic foods and drinks can also be detrimental to your dental health. These products can irreversibly wear away your enamel, causing dental erosion and associated sensitivity. If you are concerned about weakened teeth, are suspicious that you may have a cavity, or are experiencing sensitivity, it is very important that you come to visit us at Smile Solutions . A thorough assessment will allow us to determine the cause of your weakened tooth, and we can work with you to treat it and prevent it from recurring in the future.

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