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Advice from the Dentist in Fort Lauderdale: 15 Ways to Destroy Your Teeth, Part 3 by [Michael Smith](#)

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The Dentist in Fort Lauderdale: A Brief Recap

This four-part article post takes a look at the top 15 bad habits and behaviors that could wreck your dental enamel and put your oral health at a severe risk. In our previous two article posts, this dentist in Fort Lauderdale presented the following bad habits that could seriously compromise the quality and longevity of your smile:

1. Brushing your teeth immediately after eating,
2. Neglecting to floss,
3. Neglecting to see the dentist in Fort Lauderdale for regular check-ups,
4. Using your teeth as tools,
5. Not wearing your mouth guard,
6. Teeth grinding,
7. Drinking filtered water (without the trace elements fluoride and calcium)

In this article, the third installment of the series, the dentist in Fort Lauderdale shall be looking at another four bad habits you should do your very best to avoid, or overcome, should you wish to keep your teeth and gums in excellent lifelong condition.

8. Drink Soda, Fruit Juices and Energy Drinks Excessively

Thirsty? You should be drinking water, not cola, soda, fruit juices and sports energy drinks, advises the dentist in Fort Lauderdale. Not only are they all very high in sugar, which causes oral bacteria to flourish, they are also extremely acidic. An acidic environment in the mouth leads to the softening of your dental enamel, making it more vulnerable to erosion. A glass of juice or soda every now and then won't do you any harm, says the dentist in Fort Lauderdale, but it should be viewed as a treat and not your standard thirst-quencher of choice.

9. Guzzle Tea, Coffee and/or Red Wine

Unfortunately, more often than not, the finer things in life tend to be bad for you. Or at least when enjoyed in excessive amounts. Tea, coffee and red wine all contain tannins that stain the enamel of the teeth, says the dentist in Fort Lauderdale. However, in addition to an unaesthetic appeal, the surface of discolored teeth under the microscope is like sandpaper and tends to trap bacteria far easier. This can lead indirectly to tooth decay. Red wine is also extremely acidic, which softens the dental enamel.

10. Frequent Tooth Whitening

The products used to whiten teeth contain bleach, namely Hydrogen Peroxide, which can actually irritate the teeth and gums. Reactions may include tooth sensitivity and gum inflammation and

tenderness, says the dentist in Fort Lauderdale. It is always recommended that patients have their teeth whitened by a dental professional. Not only will the desired results be reached quickly and safely, but they will be more effective and natural. If you do prefer over-the-counter products, then make sure to follow the instructions closely, advises the dentist in Fort Lauderdale. Never overdo it in the hopes of attaining faster results, because you are more likely to cause yourself discomfort and unnaturally bright results.

11. Tongue and Lip Piercings

In the battle between stainless steel and dental enamel, stainless steel wins every time. Lip and tongue piercings do immense damage to the surface of your teeth, says the dentist in Fort Lauderdale; maybe not immediately, but their constant clicking against the back of your teeth can cause hastened erosion and chipping. If you really do want a piercing, try and investigate those made from softer materials.

Advice from the Dentist in Fort Lauderdale: Stay Tuned

To find out more about the bad habits and behaviors that could condemn the quality of your smile to an early grave, stay tuned for the final installment of our four-part series, courtesy of this dentist in Fort Lauderdale.

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Christian Fox is a professional article writer on a [Dentist in Fort Lauderdale](#). In this article he trying to give a brief idea to avoid bad habits to keep your teeth and gums in excellent lifelong what advices the a [Dentist Fort Lauderdale](#).

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