

# Dental Care Tips for Frequent Swimmers

## Dental Health



Summertime often means spending endless hours relaxing, exercising, and simply having fun at the pool. It is important to follow necessary health and safety measures while doing so. Did you know that swimming safety measures should also include taking care of your teeth?

**From exposure to incorrectly treated pool water to potential mouth injuries while engaging in water sports, here are a few considerations when it comes to swimming and your teeth.**

### 1. Swim only in properly maintained pools.

Several studies have shown how exposure to overly chlorinated water can cause harm to the teeth. Too much chlorine and the improper composition of chemical disinfectants can make the pool water highly acidic. Acidic waters, when in frequent contact with your teeth, can start to eat away at the tooth enamel, cause tooth structure to weaken and lead to discolouration.

### 2. Be alert and take precautions against accidents.

Walk slowly along the poolside as tiles and wet floor surfaces can cause slips and falls that lead to mouth and tooth injuries. Teach kids swim and dive techniques that will help them avoid hitting the hard tiles or pool floor. Meanwhile, if you're planning to engage in high-contact water sports and activities such as beach/water volleyball or water polo, protect your lips and teeth and wear a mouthguard if necessary.

### 3. Book a Dentist Appointment

Depending on your oral hygiene habits and swimming routine, your dentist might prescribe additional steps to further protect your teeth from chlorine water exposure, such as:

- Interdental cleaning
- A new dental regimen such as the use of prescription fluoride toothpaste, mouth rinse, varnish or gel
- Individualised toothbrushing schedule before and after swimming

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