

# Eating disorders

## Talking to your dentist



Your dentist can support you on your path to recovery by helping you minimise and repair the damage to your mouth and teeth that may have been caused by malnutrition and acid erosion associated with disordered eating behaviours. They can additionally, they can provide support through referral to an eating disorder support service.

### Seeking treatment for worn or damaged teeth

- Discuss your oral health concerns with your dentist. **Remember, any discussions with your dentist are private and will remain confidential.**
- Your dentist will need to look at your teeth to make a treatment plan. Examining your teeth may include a check-up, X-rays, photos and moulds of your teeth.
- If your teeth have been worn down, your dentist will discuss with you all available options to replace the missing tooth structure. Some damage may require specialist dental treatment. This may include a referral to a specialist.

### For more information

The National Eating Disorders Collaboration (NEDC) provides evidence-based information on the prevention and management of eating disorders, and information about recovery and support services within your state or territory.

[www.nedc.com.au](http://www.nedc.com.au)

### For support


Call the Butterfly National Helpline  
1800 33 46 73

Open 8 am – midnight AEST, seven days a week



For more information on your dental health visit

[ada.org.au](http://ada.org.au)

 [facebook.com/HealthyTeethAustralia](https://facebook.com/HealthyTeethAustralia)  
 [twitter.com/AUS\\_Dental](https://twitter.com/AUS_Dental)

### After vomiting

- Do not brush your teeth straight away.
- The acid that has contacted your teeth may soften the surface of the teeth; brushing your teeth too soon can wear this surface away.
- Wait at least 60 minutes before brushing.
- After this time, brushing can still wear away the teeth, instead, try to rinse with milk, water or fluoride mouthwash to decrease the acidic mouth environment and strengthen tooth enamel.

### Maintain good oral hygiene

- Brush twice daily with a soft toothbrush and using a higher fluoride toothpaste.
- Floss or use interdental brushes to clean between your teeth daily.

### Stay well hydrated

- Consume water to stay hydrated, preferably tap water containing fluoride.
- Dehydration can cause a dry mouth, which means less saliva.
- Saliva helps to flush and cleanse the mouth, it acts to decrease the acidity of your mouth and provides calcium and phosphate, which help to strengthen teeth.

### Talk to your dentist

- Your dentist can recommend additional dental products that may be used to care for your teeth.
- Follow your dentist's instructions to protect your teeth during your recovery.