

Orthodontic Specialist P.C.

The summer season is here, bringing with it a wave of warmth, fun, and relaxation.

It's the perfect time to embrace the summer vibes and make the most of this delightful season. Whether you're planning exciting adventures, lounging by the pool, or simply enjoying the beauty of nature, it's important to welcome summer with open arms and a positive mindset.



Swimmers Calculus

The chlorine that is used in most pools to keep the water clean and kill bacteria can have much more of an effect than just turning your freshly colored hair an alarming shade of green. This chemical can deposit residue on your teeth, turning them brown. This is known as swimmer's calculus.

How to avoid

Pool water that's too acidic will eat away at linings, railings, and ladders. If you notice spots of erosion, the water may do the same to your teeth.

Pool pH strips are common in local recreational supply stores and allow you to test the water before jumping in.

Bring a fresh bottle of water with you. When you get out of the pool, rinse your mouth out to get rid of any chemical deposits that have built up during your swim.

