



# Aquatic Consulting Services

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## Pool Tip #5: Effects of Pool Water on Teeth

Normal pool water does not harm the teeth of swimmers. But, swimming in extremely acidic pool water will cause erosion of dental enamel, especially in young children. Symptoms include gritty, rough, yellow, transparent looking teeth; and pain while chewing.

Hydrochloric acid formed in the chlorination process, acidic source water, acid rain, bather wastes, and acidic pool chemicals must be neutralized. It's important for dental health that a slightly alkaline pH in the range of 7.2 - 7.8, and balanced water conditions be maintained.

The Journal of the American Dental Association reported that in a study of young swimmers, 58% who swam more than 6 hours per week developed "swimmer's calculus" or brown stains on their teeth. The staining is caused by pool chemicals combining with saliva. There are no oral health problems associated with the stains, they're simply cosmetic. Stains can be removed by having your teeth cleaned by a dental professional. More frequent cleanings for swimmers or aquatic professionals who spend a lot of time in pool water are recommended.