

Halitosis (bad breath)

Causes –

- Dental- poor oral hygiene, periodontal disease
- Dry mouth- caused by medications and/or stress
- Smoking- starves mouth of oxygen
- Foods- such as onions, eggs, garlic
- Other- systemic or underlying health issues, acid reflux

Symptoms –

- White coat on tongue
- Thick stringy saliva
- Metallic taste in mouth
- Build up around teeth or food particles

Homecare treatment-

- Brush 2x per/day for 2 minutes- make sure brushing all surfaces of each tooth. The harder to reach areas are the teeth that are more likely to trap food/ plaque, make sure you're getting your toothbrush further back in your mouth
- Spit and don't rinse with toothpaste
- Floss and/or use piksters once per day- make sure flossing either side of tooth below gum line.
- Remember to brush tongue once daily with toothbrush or tongue scraper
- Use dry mouth products to assist with lubrication of soft tissues- such as biotene, Colgate dry mouth or oral 7 mouth rinse. Alternatively talk to GP about medications review
- Chew sugar free gum to help with saliva production
- Discuss smoking cessation with your GP

If you have any questions in regards to your halitosis or oral health please to don't hesitate to call so we can address any concerns.