



Redcliffe Dental Rooms

Bad Breath

Bad breath is usually caused by bacteria in the mouth and can be an indicator of; tooth decay, gum disease or poor oral hygiene. However bad breath can still occur, even with healthy teeth and gums and good oral hygiene.

Bad breath often originates from far back of the tongue. As the mouth gets drier, normally from talking – the odour can increase.

While bad breath can be embarrassing – remember that most adults occasionally experience bad breath and a quarter of people have the condition regularly.

What to do about Bad Breath

1. Brush your teeth and gums for a least two minutes twice a day, using a fluoride toothpaste
2. Using a fluoride-coated dental floss, check bad breath by smelling the floss after you have used it. If you locate a region where odour persists, brush that area again with special care
3. If heavily coated, gently brush your tongue using a special scraper that can be purchased from most pharmacies
4. Bad breath odour escalates in a dry mouth. Using a sugar-free gum will increase the flow of saliva keeping the mouth moist and should help to reduce bad breath odour
5. It might be worth remembering that some prescription medications can cause dry mouth and thereby bad breath. If taking prescription medication – check with your GP or Pharmacy if this could be a side affect
6. Book an appointment with your Dentist, as the underlying cause of bad breath may be tooth decay, or gum disease
7. Prior to your Dentist appointment, avoid anything that may temporarily disguise your bad breath.

If you have any questions arising from this advice sheet, or any services offered at Redcliffe Dental Rooms, please feel free to contact us.

A member of our Client Service Team should be available to assist you Monday to Saturday, from 7am to 10pm.

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