



Breath Freshening

Most breath malodors are caused by the presence of bacteria. The best way to control these odors is to limit the numbers of bacteria present in your mouth. If you follow these suggestions faithfully and are still aware of breath problems, we advise you to consult with your physician.

1. A professional dental cleaning and treatment of dental disease is the best place to start. Removal of plaque, tarter, decay and infection will eliminate large numbers of bacteria.
2. Your home care routine is the most important factor in controlling numbers of bacteria. You should brush AS OFTEN AS YOU CAN. Ideally, you should brush first thing in the morning, after every meal, and at bed time. You should also floss thoroughly at least once every day. When you cannot brush, rinse well after you eat.
3. Brush your tongue. The rough surface harbors large numbers of bacteria. There are many inexpensive tongue-cleaning devices available today. You can use your toothbrush for this if you prefer.
4. Use the toothpaste that you like best. For children, make sure it contains fluoride. If you tend to develop calculus (tarter), use a tarter-control formula. Some patients really like “baking soda” toothpastes. Try using plain baking soda mixed with water several times each week.
5. Replace your toothbrush/tongue cleaner regularly--they harbor bacteria! Run through the dishwasher to help keep them clean.
6. Use Listerine rinse daily--it is still the best. All rinses have some effect, but all are temporary. Plain water can be an effective rinse, too. Use warm saline if your gums are sensitive.
(saline=6 ounces water + 1/2 teas. salt)
7. Don't try to mask malodors with candy or gum. The sugars will actually INCREASE the numbers of bacteria present.
8. Smoking and drinking coffee produce particularly stubborn odors. Brushing after their use will help – eliminating their use is best, of course!
9. Rotary toothbrushes can help. Our office dispenses an inexpensive electric toothbrush and we can help you decide if it would improve your home care. Use it with Listerine for extra effect.
10. Keep all dental appliances scrupulously clean. Partials, dentures, orthodontic retainers, etc. must be scrubbed daily. Soaking in commercial cleaning preparations will help.
11. Many adults and some children need professional cleanings more often than twice each year. Consider increasing the frequency of your recare to 3 or 4 times each year.
12. Consider our whitening procedures. The materials used produce peroxide, which kills some types of bacteria.

General Dentists:
David Loveday DDS
Beth Loveday DDS

6025 S. Sunbury Road
Westerville, Ohio 43081

PH 614 - 891 - 6767
FX 614 - 895 - 4720

www.sunburyplazadental.com
smile@sunburyplazadental.com