

Medicines and your mouth



How to look after your teeth and gums

The medicines that you take can affect your mouth and teeth.

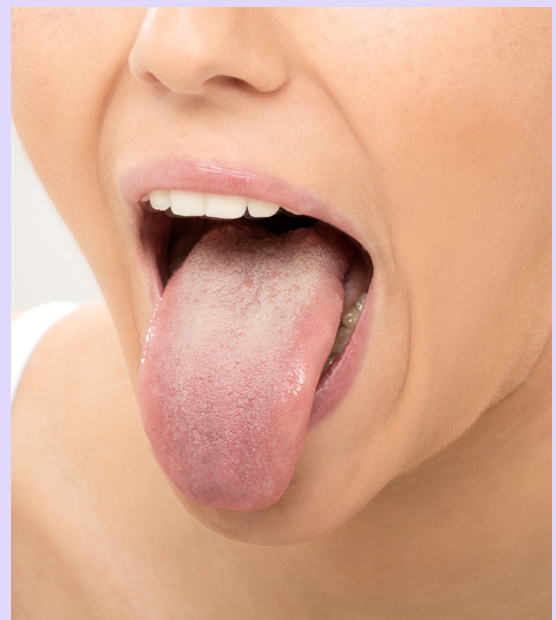


Some medicines can reduce the amount of spit that you have in your mouth, making your mouth feel dry.

Having a dry mouth can be bad for your teeth and gums. It can lead to tooth decay and gum disease.

The signs of dry mouth are:

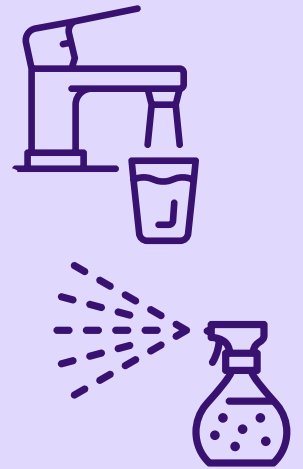
- trouble speaking, eating and swallowing
- dry and sore mouth
- less spit than normal
- your spit is thick and stringy.



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There are some things you can do to make your dry mouth feel better.

- Sip lots of tap water during the day.
- Put water in a spray bottle and spray in your mouth. You can do this as much as you like.
- Drink less coffee, soft drinks and energy drinks
- Chew sugar free gum
- Brush your teeth twice a day. Ask your dental practitioner about the best toothpaste for you to use.



Talk to your doctor, pharmacist or dental practitioner about other things that might help dry mouth.



Asthma puffers

Rinse your mouth with water after using an asthma puffer.

This will help to keep your mouth healthy.



Some medicines contain sugar.

Rinse your mouth with water after you take a medicine with sugar in it.

You can also talk to your doctor about using sugar-free medicines.



For further information, scan the QR code or visit www.health.nsw.gov.au/oralhealth/prevention/Pages/default.aspx.