



Bad Breath or Halitosis

The major cause of bad breath is the microbial putrefaction by anaerobic bacteria in the oral cavity producing VSC (volatile sulphur compounds), hydrogen sulphide, methyl mercaptan and dimethyl sulphide.

Non oral malodour will have persistent and stronger intensity from the nostrils or sinuses. Odour from a specific disease e.g. liver disease has a fishy smell, that from diabetes is like acetone.

Odours from food and beverage origin will have a quality similar to the products ingested and typically will disappear within 36 hours.

The tongue contains deep crypts. It contains 90% of the bacteria in the oral cavity. It collects food particles and debris. Clean the tongue –

Lack of saliva enhances the release of VSC's.

What to do to stop bad breath

- Use a tongue scraper.
- Clean teeth thoroughly.
- Use oxygenating mouth rinse or antibacterial mouth wash.
- Avoid garlic, onions, spices and coffee.
- Keep hydrated, research into probiotics (probiora3).

More important:

- Regular dental check and clean, to ensure no gum disease is associated with the bad odours.
- Drink plenty of liquids, water especially.
- Ongoing therapeutic periodontal treatment, scaling and prophylaxis may be required.

Bad Breath Self Test

- Take a clean dry unscented cloth and retract the tongue and scrub the furthest part of your tongue for 5 seconds. Wait 30 seconds and check the odour.
- Floss and wait 30 seconds and smell the floss.
- Lick back of your hand for 5 seconds, wait 30 seconds and check for a bad odour.

Please do not hesitate to contact staff with any enquiries