

## **MALODOUR ; 10 steps towards control**

Please read this information sheet. If you have any questions, particularly about the treatment or potential side-effects, please ask your doctor.

- **Treat any identifiable cause** (this may need antimicrobials)
- **Avoid odiferous foods** such as onions, garlic, spices and durian
- **Avoid habits that may worsen breath odour**, such as;
  - alcohol
  - tobacco
- **Take regular meals**
- **Eat a good breakfast including fresh fruit regularly:** an enzyme in pineapple helps clean the mouth
- **Brush your teeth after eating**
- **Keep oral hygiene regular and good**
  - Prophylaxis
  - Toothbrushing
  - Flossing
  - Rinsing twice daily with chlorhexidine (e.g. *Chlorohex*, *Corsodyl*, *Eludril*) triclosan, cetylpyridinium or other mouthwashes
- **Brush your tongue** before going to bed: use a tongue scraper if that helps (e.g. *Halita* from Dent-O-Care 02084597550 or from the Fresh breath co. at 02079351492)
- **Keep your mouth as moist as possible** by using
  - sugar-free chewing gums (e.g. *Orbit*, *EnDeKay*)
  - diabetic sweets
- **Use proprietary “fresh breath” mouthwashes and other preparations** e.g.
  - Dentyl pH*
  - Retardex*
- **If you have dentures, leave them out at night** and in hypochlorite (e.g. *Dentural*) or chlorhexidine.

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