

Mouth Care and Diabetes

When you have diabetes, you are more likely to experience gum disease.

- To reduce the risk to your mouth, it is very important to keep it clean.
- Brushing teeth, tongue and gums, removes food debris but also removes plaque.
- Plaque is the name of the collection of germs that live and grow on everyone's teeth and gums.
- If not removed, plaque irritates the gums causing them to swell and bleed.

To maintain a healthy mouth, clean your teeth, gums and tongue twice a day.

- Use a small-headed, medium-textured toothbrush.
- Use a pea sized amount of family fluoride toothpaste. Spit after brushing, do not rinse.
- It takes two minutes to clean the teeth thoroughly and effectively remove the plaque.
- Disclosing tablets can be used to highlight areas of plaque in the mouth. Ask your dentist for further information.
- Use dental floss/interdental brushes between the teeth. This ensures plaque is removed from areas your toothbrush cannot reach.
- It is important to visit your dentist regularly for checks. Discuss how often you should attend with your dentist.

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For further advice or information please contact:

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