

Remember!

If your gums bleed when you brush them this can be a sign of gum disease.

Healthy gums do not bleed!

If your gums bleed your breath will probably smell too.

Ask your Dentist or Hygienist for advice.

Our Mission Statement:

“Our aim is to deliver the highest standard of care in a comfortable and friendly environment



CASTLE DENTAL CARE
We'll take care of you

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Opening Hours

Monday	9am - 5.30 pm.
Tuesday	9am - 5.30 pm
Wednesday	8.30am - 5.00 pm
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Friday	8.30am - 4.30 pm.



Leaflet Reviewed and Revised 15/01/15

Halitosis or Bad Breath Problems



What causes bad breath?

The causes of halitosis or bad breath are numerous, but by far the most common cause is the presence of volatile sulphur compounds (VSC).

VSC are gases that result when anaerobic bacteria metabolise (digest) dead gum cells and decaying food particles.

The gases consist of primarily of hydrogen sulphide, methyl mercaptan and dimethyl disulphide.

Hydrogen sulphide is the gas that creates the smell of rotten eggs and methyl mercaptan is the smell we experience in barnyards. No wonder halitosis can be embarrassing and offensive



Can bad breath be a sign of dental disease?

Yes, there is strong evidence between halitosis and the occurrence of periodontal (gum) disease. Even in low numbers, VSC have been shown to have a negative effect on the gum's ability to resist bacterial invasion, thus increasing your chances of more dental disease.

How can I eliminate the harmful bacteria?

Good oral hygiene is the key to eliminating the harmful bacteria that can cause bad breath.

Also regular brushing and flossing can remove the decaying food particles which add to the problem.

The use of a mouthwash can help in eliminating halitosis for maybe an hour or so, but most mouthwashes sometimes only mask a problem, therefore regular brushing and flossing is the real weapon against bad breath.

Will a visit to the Dentist or Hygienist help?

Yes, the dentist or hygienist will be able to advise you on the correct way to clean your teeth. They will also be able to recognise if you have any dental diseases which could be causing the problem.

Sometimes you will need a scale and polish or maybe some periodontal treatment to eliminate any gum problems.

Don't be embarrassed to ask your dentist or hygienist for advice, we see (and smell) the problem all the time. We can help you.



What dental products can I buy to help?

We sell a range of dental products which can help in maintaining good oral hygiene. We recommend you brush twice a day with a good quality toothbrush, like the Braun Electric toothbrush and floss twice a day with Oral B dental floss or tape.



If the spaces between your teeth are a little larger, we sell a range of 'TePe' brushes in seven different sizes. These brushes are designed to remove food debris from between your teeth.



Mouth washes may help, but only for a short time. Supermarkets and chemists sell **Ultradex oral rinse and toothpaste** which works by eliminating the harmful VSCs and is a powerful antibacterial and oxidising agent. This can reduce your halitosis for up to 8 hours.

Tongue scrapers are useful in removing bacteria from the surface of your tongue and should be used daily.

