

MALODOUR (HALITOSIS)

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

- This is common
- Malodour is common on awakening
- Malodour is often far more obvious to the sufferer than others
- If real it is usually caused by diet, habits, dental plaque or oral disease
- It can be measured with a halimeter
- It often significantly improves with oral hygiene
- Malodour can sometimes be caused by sinus, nose or throat conditions
- It is *rarely* caused by more serious disease
- Useful website <http://www.tau.ac.il/~melros/>

A patient has the right under common law to give or withhold consent to medical examination of treatment. This is one of the basic principles of health care. Patients are entitled to receive sufficient information in a way they can understand about the proposed treatments, the possible alternatives and any substantial risk or risks which may be special in kind or magnitude or special to the patient, so that they can make a balanced judgement. (UK Health Dept.19.2.99. HSC 1999/031)

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MALODOUR ; 10 steps towards control

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- **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
- **Eat a good breakfast and take regular meals including fresh fruit:** 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 (*Total*), essential oils (*Listerine*), cetylpyridinium (*MacLeans*), chlorine dioxide (*Retardex*) 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*
- **If you have dentures, leave them out at night** and in hypochlorite (e.g. *Dentural*) or chlorhexidine.

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