

Medications and your oral health

SA Dental Service

Some medications may cause you to have a dry mouth which increases your risk of tooth decay, oral infections and gum disease

To relieve dry mouth

- > Keep your mouth moist by sipping plain tap water
- > Swish your mouth with water after sugary/ acidic foods and drinks
- > Chew sugar free gum
- > Ask your dentist, health professional or pharmacist about dry mouth products
- > If you are a smoker, think about quitting.
For free advice call the Quitline on 13 78 48

Look after your teeth and mouth by

- > Brushing your teeth and gums each morning and night
- > Using a small soft toothbrush and a pea sized amount of fluoride toothpaste
- > Spitting toothpaste out, don't rinse
- > Visiting your dental professional regularly

To find your local SA Dental Service clinic, go to www.sahealth.sa.gov.au/sadental

Or check the locality guide in the Yellow Pages for private dentist details

