

Oral Health Services:
www.dhhs.tas.gov.au/oralhealth

Grinding teeth?

- ▮ Chew sugar-free gum to increase saliva - this helps lessen the wear and tear and discomfort.
- ▮ Talk to your dentist about having a nightguard fitted.

Some ideas for looking after your teeth:

- ▮ Brush teeth twice daily with a soft toothbrush using fluoride toothpaste, spit out and don't rinse.
- ▮ Use a fluoride rinse or brush-on gel before bed.
- ▮ Try to avoid too many sugary foods and drinks & get your teeth checked.



[www. den .org.au](http://www.den.org.au)
drug education network

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Methamphetamines & Your Teeth

People who use Methamphetamine may be at greater risk of rapid tooth decay and gum disease.

Gums don't get enough blood and this can lead to tooth and bone loss and the risk of infection.

There is less saliva made. Saliva protects the mouth from infection and decay.

Dry mouth or poor appetite?

- ▀ Try a mouthwash or gel for dry mouth from the pharmacy, and drink plenty of water.
- ▀ Bananas and fruit smoothies are great if you have mouth soreness and a low appetite.
- ▀ Getting enough rest, good food & water helps support your health & immune system.

Alcohol and Drug Information Service: **1800 811 994**

Drug Service Directory: **www.ndasd.com.au**

