

MEDICATION

It is easy to assume that any medication or medical complaint that you are on may not have any impact on your oral health.

In fact, there are many medications and medical ailments that can have an impact on your mouth.

Common Conditions and Medications Include:

- Arthritis
- High Blood Pressure
- Diabetes
- Depression (Antidepressants)
- Heart problems
- Kidney/Liver Problems
- Antipsychotics
- Sjorgens Syndrome
- Head/Neck Radiotherapy
- Smoking

If you are affected by any of these or would like to discuss any possible medical interactions with regard to your oral health, please ask your Dentist

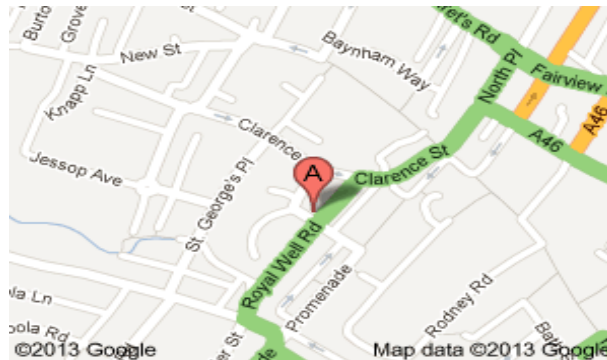
Regency House Dental Practice



Ask your dentist for **Durafat 5000 ToothPaste.**

Other Oral Hygiene Products are available from reception

Hygienist appointments are available from £39.50



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Oral Health Care



Regency House
Dental Practice

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ORAL HYGIENE

You may find that keeping your teeth as clean as you would like, becomes more difficult as the mouth matures.

Simple ways of improving and easing cleaning :

- Use an Electric Toothbrush (Oral B)
- Use High Fluoride Toothpaste (Ask at practice)
- Consider using an “Air Pick” (ask Dentist or Hygienist)
- Use of Interdental Brushes (TePe’s)
- Ask to see our Hygienist at more regular intervals
- Leave dentures out at night and use an appropriate denture cleaner



Our Hygienist, Helen, is available to any of our patients for additional cleaning and advice. She is able to work from the ground floor surgery.



DIET

- Even if no work has been necessary for a while, Teeth are still susceptible to tooth decay and become more so in the region of any margins of crown/bridge work, fillings and especially on the root surfaces where the gums may not be in the same position as they used to be.
- Particular attention needs to be paid to the diet especially regarding the frequency of any sugar consumption

Food and Drink Dry Mouth

In general, and especially if you suffer from a dry mouth:

- Try to avoid frequent snacks or drinks that contain sugar.
- Try to drink the recommended daily intake of water between meals (1.6 litres a day, or around 6 glasses)
- Do not use sugar to sweeten tea or coffee, use sweeteners instead
- Avoid Bitter sweets, and the frequent sucking of mints which are not sugar free
- Use SUGAR FREE GUM to help stimulate saliva to reduce a dry mouth and help clean the teeth
- Artificial saliva replacement is available, please ask your dentist for information

Drink plenty of water, Keep the teeth clean between the teeth as well as other areas, Use the range of cleaning implements that are readily available.