BAD BREATH (HALITOSIS) TREATMENT

**Cause:** There are several things that may contribute to bad breath, including certain foods, or food trapped between your teeth, gum disease, tooth decay, dry mouth, tobacco products or a medical disorder. The basic science behind bad breath originating from conditions in the mouth is that there are certain kinds of bacteria that exist in the mouth, which produce volatile sulfur compounds. If there is enough of a buildup of these sulfur compounds, the result can be clinical bad breath.

**Treatment Sequence:** If a medical reason is ruled out as the cause of your halitosis, the following sequence is recommended:

1. Treat any existing gum disease present. This may include active periodontal therapy either at our office or you may be referred to a specialist.
2. Treat any existing decayed teeth.
3. Treat any dry mouth issues.
4. Eliminate any tobacco use habits.
5. Maintain optimal oral care at home
6. Use a chlorine dioxide mouthrinse and toothpaste (oxyfresh)
7. Use carbamide peroxide gel in custom made halitosis trays
8. Maintain regular dental visits.

**Halitosis Treatment Protocol:**

1. All patients need to do the following:
   a. Brush with oxyfresh toothpaste regularly as well as your regular fluoride containing toothpaste. You should brush your teeth at least twice daily.
   b. Floss your teeth at least once daily.
   c. Brush your tongue twice a day for 1-2 minutes. You can use your toothbrush with a small drop of the oxyfresh toothpaste. Tongue cleaners/scrapers work very well; they are available at any drug or grocery store.
   d. Use oxyfresh mouthrinse at least twice a day. Stay away from alcohol containing mouthwashes. ACT fluoride mouthrinses are alcohol-free and are helpful in preventing tooth decay.
2. For patients who have a problem with bad breath all day:
   a. Use custom made halitosis trays with carbamide peroxide gel ½ hour in the morning and ½ hour in the evening.
3. For patients who have morning breath only:
   a. Wear custom made halitosis trays with carbamide peroxide at night when you sleep.
4. For patients who have evening breath:
   a. Wear custom made halitosis trays with carbamide peroxide about 3 hours before the onset of when you feel the bad breath occurs. Wear for ½ hour.

**WARNING:** CARBAMIDE PEROXIDE GEL IS A WEAKER VERSION OF THE SAME MATERIAL WE USE TO BLEACH TEETH. LIGHTENING OF THE TEETH MAY OCCUR DURING TRAY USAGE. BE AWARE THAT IF YOU HAVE ANY CROWNS OR WHITE FILLINGS ON YOUR TEETH, THE GEL WILL NOT LIGHTEN THESE BUT CAN LIGHTEN ADJACENT TEETH MAKING THE TEETH NOT MATCH IN COLOR. CROWNS OR FILLINGS MAY NEED TO BE REPLACED TO MATCH THE LIGHTER TEETH IN THESE SITUATIONS.

We will need to re-evaluate your condition in approximately 2 weeks. Please call if you have any questions or difficulty. Thank you

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