

7 Ways To Avoid Bad Breath - Smile Solutions

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Ways To Avoid Bad Breath Bad breath (also known as halitosis) is a common concern for many patients. More often than not, though, it has a relatively straightforward remedy. Halitosis is usually caused by one of the following: Poor oral hygiene (plaque left on your teeth for extended periods of time) Dental disease Dry mouth Smoking Foods with a strong scent (eg. garlic, onion) Bad breath can also be due to a systemic cause, such as: Extreme dieting Acid reflux Medical conditions, such as diabetes The most common cause of bad breath is infrequent, or ineffective, brushing and flossing. If plaque is not effectively removed from the teeth regularly, bacteria in this plaque can develop an unpleasant odour, and this is transferred to your breath. Similarly, any food debris left within your mouth for an extended period of time will soil and eventually give off an undesirable smell. Dry mouth ("xerostomia") is another leading cause of halitosis. Saliva has an important role in helping to clear away food and debris from your mouth after eating. If you are not producing enough saliva, this cleansing action is limited and food may be left in your mouth. The foods and drinks you consume can also give you bad breath. Generally, these foods or drinks will only cause bad breath for as long as they are in your system. The aromas in foods such as garlic and onion, or drinks such as coffee or alcohol, are absorbed into the bloodstream where they are then transferred to the lungs. Once here, the scent can freely escape through your mouth when you breathe! If you are a smoker, this can also be contributing to bad breath. Not only does smoking dry out your mouth, it also causes an accumulation of bacteria in your mouth. The smoke and its associated chemicals are also inhaled deep into your lungs, which allows the scent to be later exhaled when you breathe. What can you do? If you are experiencing bad breath and are unsure of the cause or what you can do to overcome it, having a chat with your oral health professional is the best place to start. We can help to identify what's causing the bad breath and provide information on how you can reverse this – for example by improving your oral hygiene. If we suspect that the malodour may have a systemic cause, we can also point you in the direction of someone who can further identify this, then work with you to overcome it. Seven quick tips to help protect you from bad breath: Brush twice daily with fluoridated toothpaste and be sure to floss daily – flossing will help remove the bacteria your toothbrush can't reach! Brush your tongue (a tongue scraper may also be used). Stay hydrated to prevent your mouth from drying out. Chew sugar-free gum between meals (this will help to clear food from your mouth as well as increasing your saliva flow). Minimise intake of strongly scented foods and drinks, such as coffee, alcohol, garlic and onion If you

are a smoker, ask your dental professional for assistance in helping you to quit. Schedule regular professional dental cleans and checks . Articles from Smile Solutions View Blogs Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More General Smile Solutions 10 Aug 2026 Mouth Breathing: The Silent Habit That's Changing Your Face and Your Health Read More General Smile Solutions 3 Aug 2026 How Much Does a Dental Crown Cost in Melbourne? Materials Compared Read More Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More General Smile Solutions 10 Aug 2026 Mouth Breathing: The Silent Habit That's Changing Your Face and Your Health Read More General Smile Solutions 3 Aug 2026 How Much Does a Dental Crown Cost in Melbourne? Materials Compared Read More Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More General Smile Solutions 10 Aug 2026 Mouth Breathing: The Silent Habit That's Changing Your Face and Your Health Read More General Smile Solutions 3 Aug 2026 How Much Does a Dental Crown Cost in Melbourne? Materials Compared Read More View Blog Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Our Services General Dentistry Cosmetic Dentistry Orthodontics Specialist Care Dental Implants Children's Dentistry Emergency Dentistry Why Choose Us Our Team Media Awards Careers Technology Location Holistic Dentistry Quick Links Contact Us Articles Packages & Offers Dental Payment Plans Understanding Your Treatment Sitemap Privacy Policy Copyright © Smile Solutions. All Rights Reserved. This site is protected by reCAPTCHA and the Google Privacy Policy and Terms of Service apply. Close Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth Snoring & Sleep Apnoea TMD & Teeth Grinding Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers & Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC Restorations Invisalign® No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign Jaw Surgery Dental Implants All-on-4® Dental Implants Conventional & Immediate Implants Dental Bridges Bone Grafting For Implants Dentures Specialist Care Oral & Maxillofacial Surgeons Prosthodontists Orthodontists Periodontists Endodontists Paediatric Dentists Complex Dentistry Children's Dentistry First Visit To The Dentist Children's Dental Emergencies Children's Braces and Invisalign Child Dental Benefit Schedule Kids Teeth Cleaning Tips Why Choose Us Our Team Our Location Technology Awards Holistic Dentistry Before After Gallery Payment Plans Packages & Offers Contact Us Call Us 13 13 96 Close Smile Solutions AI Assistant ■ Hello! I'm here to help you with questions about Smile Solutions. How can I assist you today? Popular questions: What services does Smile Solutions offer? How can I contact Smile Solutions What are your business hours? ■■ × 0 /1000 Contact Us Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Close Book Now