

Should I use a tongue scraper? - Smile Solutions

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Should I use a tongue scraper? Have you ever noticed a white coating or a coffee stain on the top of your tongue? Well, that coating is actually bacteria and it's an unwelcome presence in your mouth. Fortunately, there's something you can do about it. Your "tooth" brush isn't just for brushing your teeth! Your oral hygiene routine should always end, after brushing and flossing your teeth, with a brushing of the upper surface of your tongue. You can use either an electric toothbrush or a manual toothbrush to do this effectively. Why do I need to clean my tongue? Many people are unaware that cleaning the tongue is a very important part of their oral hygiene regime and should not be overlooked. Cleaning your tongue aids in the reduction of the overall bacterial load in the mouth and hence the possibility of halitosis (bad breath). By removing the coating, you can reduce the bacteria in your mouth and any bad breath as well. Toothbrush or Tongue Scraper? Some people do find, however, that brushing their tongue with a toothbrush can trigger a gag reflex – that is, they react as if they are about to vomit. If you are someone who is prone to this unpleasant reaction, you can purchase a tongue cleaner, or tongue scraper, from any pharmacy. It is a U-shaped metal tool used to scrape the bacteria from the top of the tongue. Some brands of electric toothbrush also offer a triangular tongue scraper as an optional fitting. Tongue cleaners are less inclined than a toothbrush to cause gagging. Whatever your tool of choice, remember that it is an important part of your oral health regime to clean the top of your tongue every time you brush your teeth. 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 View Blog Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000

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