

Bad Breath | Halitosis Treatment Melbourne - Smile Solutions

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Bad Breath | Halitosis Treatment Melbourne - Smile Solutions Skip to content Book Appointment Now Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth TMD & Teeth Grinding Snoring & Sleep Apnoea 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 Prosthodontists Oral & Maxillofacial Surgeons Periodontists Orthodontists 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 About Us Why Choose Us Our Team Our Location Technology Before & After Gallery Payment Plans Packages & Offers Contact Us Call Us 13 13 96 our services Bad Breath Halitosis or bad breath is most commonly caused by infrequent, or ineffective, brushing and flossing. Causes of bad breath 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 in your mouth for an extended period of time will soil and eventually give off an undesirable smell. Other factors contributing to bad breath Dental decay or gum infection Gum disease (gingivitis or periodontitis) Strong-smelling foods (e.g., garlic, onion, cauliflower) Acid reflux or other digestive issues Medical conditions (e.g. kidney failure, metabolic or biochemical disorders) Smoking or extreme dieting Practising good oral hygiene is a crucial first step in treating halitosis. Here are some steps you can take to treat and prevent bad breath. 1 Brush twice daily with fluoridated toothpaste 2 Floss daily to remove the bacteria your toothbrush can't reach 3 Minimise intake of strongly scented foods and drinks 4 Stay hydrated to prevent your mouth from drying out 5 Schedule six-monthly professional dental cleans 6 Brush your tongue and buy a tongue scraper 7 Chew sugar-free gum between meals 8 Avoid smoking Book an appointment today Book Now Frequently Asked Questions I practice good oral hygiene but still have bad breath. What else can help? There is no one treatment for halitosis, as the treatment will depend on what is causing the problem. Dry mouth ("xerostomia") is one of the leading causes 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 kinds of food 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. Smoking not only dries up your saliva but 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. People with chronic sinusitis may find the use of a saline nasal spray helpful. A course of antibiotics, effective against anaerobic bacteria (such as metronidazole, to reduce the overgrowth of sulphur-producing bacteria), may also help. What should I do if my bad breath persists? If bad breath continues, your dentist or hygienist can help diagnose the cause and provide guidance on how to reverse it. If the problem

appears to be related to a systemic issue, we can refer you to a specialist who can help identify and address the underlying cause. Contact Us Contact Us " * " indicates required fields Full Name * Phone Number Email Address * Enquiry Type * General & Cosmetic Dentistry Orthodontics & Invisalign® Specialist Care Do you have private health insurance with dental cover? Yes No Your Message * Send Message Send Message > Δ 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 Notifications