



[www.MethMouth.net](http://www.MethMouth.net)  
*From Perfect Storm to Perfect Smile*

## Checklist for Recovery from MethMouth

### ORAL HYGIENE

- Brush after every meal and before sleeping with anti-sensitivity toothpaste (Sensodyne®)
- Floss at least once a day
- Use an anticavity fluoride rinse (Act®)
- Chew xylitol products daily to inhibit decay (Biotene®, Epic®)
- For dry mouth, ask your pharmacist for saliva replacement products (Oasis®, Biotene®)
- Check your success with plaque removal with disclosing tablets occasionally

### DIET

- Avoid sugary, carbonated beverages, including pop and sports drinks
- Avoid sipping and nibbling between meals, except for plain water
- Avoid sticky and gooey foods

### WORKING WITH A DENTIST

- Find a dentist who will start with a comprehensive exam and x-rays, so you can be aware of all of your conditions right away. Learn about your conditions and treatment options, so you can make informed decisions
- Treat urgent needs first, to stop any pain or infection, but do not complete major projects until you have determined they fit in your comprehensive plan. Restoring an acceptable smile may be an urgent need, so you do not suffer the stigma of methmouth when looking for a job or a place to live.
- Work with the dentist to create a personal roadmap to achieve dental health – be sure to cover alternatives, options, costs, and order of priority. Choose a program that fits your budget, even if some steps are carried out over several years. Arrest active disease, then restore the form and function of your teeth.
- Be sure to have the dentist make an occlusal guard if you are clenching and grinding your teeth (bruxing)
- Keep up with regular dental care, no longer than six months between recall visits, so you can maintain the result you have worked hard for

### SURVIVAL TIPS DURING FINANCIAL HARDSHIP OR LIMITED ACCESS TO CARE

- Follow all the advice for home care and diet; the cost is worth it
- Find a dentist who will do a comprehensive exam, then work to help you through the time of hardship. You may be referred to low-income clinics in your area or a community health center. The dentist may be able to place temporary fillings to keep decay from advancing to save some teeth. The dentist can help to prevent serious emergencies before you are aware of your risks.
- If you are incarcerated, you have a right to outside care when the facility you are in is unable to provide it, but you have to pay for it yourself, including costs of security.

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