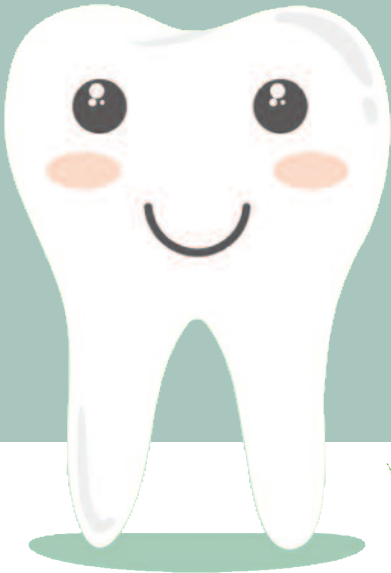


Methadone Treatment Dental Advice



**Methadone use can
damage teeth.**

**So here are some tips
for health teeth and a
healthy mouth ...**



**Dental Health Foundation
Ireland**

Dental Section, Capuchin Day Centre

**For tips please
turn over**

Visit the dentist for a full mouth checkup even if you have no teeth. If you have a medical card you can get free treatment.

✔ Use sugar free methadone if possible

✔ Brush the teeth for 2-3 mins with fluoride toothpaste before & after treatment



✔ Spit out after brushing, don't rinse

✘ Do not use mouth wash unless advised by dentist

Dry Mouth

✔ Drink lots of water after treatment



✔ Sugar free gum increases saliva

Diet

Methadone may cause sugar cravings

✔ Choose healthy sugar free snacks & drinks



✔ Best drinks milk & water

✔ Drink tea & coffee without sugar

✘ Avoid fizzy drinks



✔ Try to eat more fruit & veg



✔ If you smoke, try to stop

✔ If you drink alcohol, try to reduce the amount