

Methadone Treatment Dental Advice

Some tips to support you in the positive changes you are making for a healthy mouth.



Look after your mouth by brushing your teeth.



Methadone use can reduce saliva flow and lead to dry mouth. This is bad for the teeth as it increases the chance of tooth decay.



Visit the dentist for a full mouth check-up even if you have no teeth or wear dentures. If you have a medical card and use methadone, you may receive free treatment and teeth cleaning.



DHF

Dental Health
Foundation
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Tooth Tips

- Brush the teeth for 2-3 mins with fluoride toothpaste before & after treatment.
- Spit out toothpaste after brushing but don't rinse with water.
- Do not use mouth wash unless your dentist tells you to.

Tooth Acid Attack

- Methadone is acidic so use a straw when taking it to help mind your teeth.
- Rinse your mouth out with water to help remove the acid from your teeth.
- Do not brush your teeth straight after your methadone dose, the acid will soften the outside of your teeth so wait about an hour to avoid brushing acid on your teeth.

Diet Tips

- Methadone may cause sugar cravings.
- Choose healthy sugar-free snacks & drinks.
- Best drinks milk & water.
- Drink tea & coffee without sugar.
- Avoid fizzy drinks, they increase the risk of tooth decay, tooth acid attacks & tooth wear.
- Try to eat more fruit & veg.
- If you smoke, try to stop.
- If you drink alcohol, try to drink less.

Dry Mouth

- Drink lots of water after treatment.
- Sugar free gum increases saliva.