

Dental treatment

Some people avoid going to the dentist because they are frightened, have had a bad experience or are worried that the dentist will break confidentiality.

Don't panic

- Find a dentist – You can ask a friend, or look in the Yellow Pages. You will also find information on www.nhsayrshireandarran.com by clicking on Your health.
- Your medical history is confidential. Your dentist will respect this.
- If you are having trouble finding a dentist, or just want some advice, call 01292 479 682.

Remember you can get free dental treatment if:

- you are under 18 years
- you are 18 years old and in full time education
- you are a woman who is expecting a baby
- you are a woman who has had a baby in the last 12 months

You are also eligible for free treatment if you or your partner:

- receive income support
- receive income-based job seekers allowance
- are entitled to NHS tax credit exemption
- receive pension credit guarantee

Methadone and your teeth

Information for you



0800 169 1441

Visit our website: www.nhsayrshireandarran.com

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All our publications
are available in other
formats



CUSTOMER SERVICE EXCELLENCE

When you use drugs, you can have problems with your teeth if:

- you eat or drink sweets and fizzy drinks
- you eat snacks throughout the day
- you do not brush your teeth regularly
- you do not visit a dentist regularly.

Methadone syrup can cause even more problems:

- Methadone hydrochloride is an acid which attacks tooth enamel.
- Saliva is your body's natural defence against acid attack and helps to reduce tooth decay. Methadone reduces saliva in your mouth.

Your questions answered

Question: How should I take methadone to avoid damaging my teeth?

Answer: Most pharmacists will ask you to drink a small glass of water after you have taken your methadone. If possible, rinse your mouth with fluoride mouthwash to wash away any sticky liquid.

Question: What can I do to look after my teeth?

Answer: Brush your teeth twice a day, using fluoride toothpaste and visit a dentist regularly.

Question: Is there anything else I can do to reduce tooth decay?

Answer: Yes. Saliva is your mouth's natural defence against tooth decay. Chewing sugar-free chewing gum after taking methadone stimulates your saliva and helps reduce the acid in your mouth. Only have sugary food or drinks at mealtimes.

Decaying teeth and red swollen gums don't look good and can cause bad breath and toothache.

Rinse your mouth with fluoride mouthwash after taking methadone and brush your teeth twice a day with fluoride toothpaste.

Visit a dentist regularly and remember to only have sugary food or drinks at mealtimes.

