

# DENTAL CARE TIPS FOR RAMADAN



## All patients are recommended to



Brush and floss their teeth twice a day to prevent oral diseases, which can occur anytime of year, including Ramadan



Avoid or minimize sticky foods, such as sweets and chocolates as well as sugary drinks, especially before bedtime



Eat plenty of vegetables and fruits can help the body stay healthier and hydrated



Avoid smoking as the nicotine can stain your teeth, add to bad breath as well as other healthcare dangers



Avoid overly salty and spicy food, which can cause indigestion and dehydration



Using the miswak is a Sunnah during ablution. It has been proven to help reduce plaque and gingivitis through its strong antibacterial properties

It is not uncommon to have a bad breath during fasting. Here are some tips to help against halitosis and tooth decay:



Maintain good oral hygiene by brushing your teeth twice a day to cleanse the mouth of bacteria and food remnants

Brush your teeth after Suhoor

Drink plenty of water at Iftar and Suhoor

If you experience 'dry mouth' you can rinse your mouth with water; using a mouthwash is also permitted during Ramadan but take care to avoid swallowing any liquid

Brush your tongue to get rid of the white residue that coats the tongue

If you have a denture, use antiseptic solution to clean them



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