

# Dental Care Tips while experiencing an Eating Disorder

LINDA M DOUGLAS, BSC., RDH.

## Disclosure:

The speaker declares that neither she nor any member of her family have a financial arrangement with any product or service mentioned in this presentation.

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## Aims of this Presentation:

- ▶ Self-care tips and products for a healthy mouth, teeth and gums, and to relieve tooth sensitivity
- ▶ How to care for a dry mouth
- ▶ Choosing a dental office where you feel comfortable
- ▶ Communicating with your dental care professional
- ▶ Tips for managing dental fear or anxiety
- ▶ Some Dental treatments which help to improve oral health, aesthetics and quality of life

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## Self-Care Tips



Image courtesy of CDHA Dental Hygiene Image Bank

- ▶ See your dentist and hygienist every 3-6 months
- ▶ Brush with a soft brush and fluoride toothpaste 3 times per day
- ▶ Clean between the teeth every day
- ▶ Clean the tongue every day
- ▶ Perform a monthly self-exam of the head, neck and mouth

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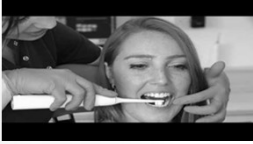
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## Brushing Effectively



How to use an electric toothbrush

- ▶ Use a soft toothbrush
- ▶ Consider using an electric toothbrush
- ▶ Fluoride toothpaste
- ▶ Don't brush immediately after acid exposure
- ▶ Be methodical, don't rush

Video courtesy of Philips Sonicare

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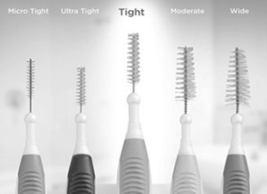
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## Cleaning between the teeth: Do you really have to Floss?

### A size for every mouth



- ▶ Floss
- ▶ Interdental brushes
- ▶ Soft Picks
- ▶ Waterflosser



Images courtesy of Sunstar GUM

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## Interdental Brushes



How to use a TePe Interdental Brush

Image courtesy of TePe

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## The Waterflosser

- Cleans deep between teeth and into the pocket or sulcus<sup>1,2</sup>
- **Can be up to 50% more effective than string floss** for improving gingival health<sup>3</sup>



1. Sakle WS, Ford C, Boyd RL. Journal of Clinical Periodontology 1986; 13:39-44.  
2. Cobb CM, Rodgers RL, Klotz WJ. 1988; 39(3):155-163.  
3. Barnes CM et al. J Clin Dent 2005; 16:75-77

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Let water flow  
into the sink

- Use warm water
- Start on lowest setting and slowly increase pressure
- Place jet tip or brush head in mouth and bend over the sink
- Flush with water after use

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## Clean the Tongue



Image courtesy of Niro5 at English Wikipedia.

- ▶ Removes plaque from the tongue
- ▶ Removes acid residue
- ▶ Use a Tongue scraper or Brush/tongue cleaner combo (Colgate 360 brush)



Images courtesy of Colgate

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## Do a Self-Exam every month



Check your mouth for signs of oral cancer every month. Look for white or red patches, lumps, or sores that don't go away.

CDHO - The College of Dental Hygienists of Ontario

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## Two kinds of acids affect the teeth

- ▶ Acids produced by cavity-causing bacteria
- ▶ Acids in foods and drinks, or from gastric reflux or vomiting
- ▶ Tooth enamel is vulnerable after acid exposure

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## Neutralizing Acidity in the Mouth after exposure



Image courtesy of Colgate

- ▶ Tooth enamel remains vulnerable for 2 hours after acid exposure
- ▶ Neutralize acidity immediately, and then wait 2 hours before brushing
- ▶ Rinse with a teaspoon of baking soda in a ½ glass of water
- ▶ Chew xylitol gum for 5 minutes
- ▶ Swish a blob toothpaste in the mouth for one minute

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## Prevent Cavities

- ▶ Avoid frequent sugar intake
- ▶ Neutralize acidity after eating sugar
- ▶ Xylitol 5 minutes 3-5 times per day
- ▶ Fluoride toothpaste 3 times per day
- ▶ A weekly fluoride rinse might be advised



Image courtesy of Oral Science

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## High Fluoride Toothpastes



Image courtesy of Colgate



Image courtesy of 3M Espe

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## Toothpastes with Stannous Fluoride



Image courtesy of Crest Oral-B



Image courtesy of Sensodyne/GSK

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## Calcium and Phosphate Toothpastes

- ▶ Recaldent
- ▶ Tri-Calcium phosphate
- ▶ Nanohydroxyapatite
- ▶ Novamin
- ▶ Fluoro Calcium Phospho Silicate



Images courtesy of Sensodyne/GSK, Biomin, GC America, X-Pur, & 3M Espe

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## Toothpaste with Xylitol

- ▶ Stimulates saliva flow
- ▶ Reduces oral acidity
- ▶ Reduces cavity causing bacteria



Images courtesy of Oral Science

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## Sensitive Teeth

Always see your dentist to find out the cause of your tooth sensitivity, and get proper treatment and advice



Image courtesy of Colgate



Image courtesy of Sensodyne/GSK

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## If you have a Dry Mouth:

- ▶ Always see your dentist for an examination to find the cause
- ▶ Medications
- ▶ Dehydration
- ▶ Inflammation of the saliva glands related to vomiting
- ▶ Deficiencies in vitamin C or omega 3
- ▶ Smoking
- ▶ Breathing through the mouth

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## Caring for a Dry Mouth

- ▶ Adequate hydration
- ▶ Stimulate saliva flow
- ▶ Saliva substitutes lubricate, improve comfort and protect the oral soft tissues
- ▶ Protect the teeth, reduce risk of cavities

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## Stimulate Saliva Flow

- ▶ Lemon xylitol candy instead of sour candy
- ▶ Chew xylitol gum
- ▶ Oral exercises



Image courtesy of Danielle L Douglas

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## Xylitol

- ▶ 5 minutes, 3 to 5 times per day
- ▶ Stimulates saliva flow
- ▶ Reduces oral acidity
- ▶ Reduces cavity-causing bacteria
- ▶ Keep xylitol away from dogs



Images courtesy of Oral Science and Spry

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## Qi Gong exercises increase saliva flow

Do each exercise 20 times

- Mindful biting motions
- Tongue rotations
- Swallowing



Tang Qi Gong II - Qigong Meditation Medicine PNG  
Image courtesy of Hknapple

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## Saliva Substitutes

- ▶ Biotene gel
- ▶ Moisturizing mouth spray
- ▶ Xylimelts



Images courtesy of Biotene/GSK, Oral Science, & Spry

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## Choosing a Dental Office Where You Feel Comfortable: Finding your 'Dental Home'

- ▶ Make sure they allow adequate time for your appointments, you should not feel rushed
- ▶ Communications: Do you feel heard?
- ▶ Do they check your medical history at each visit?

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## Your Check-up

- ▶ COVID screening
- ▶ Medical history review
- ▶ Your medical conditions
- ▶ List your medications
- ▶ Allergies
- ▶ Monitor blood pressure and pulse rate (vital signs)



Image courtesy of markusa at FreeDigitalPhotos.net and 3M

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## Choosing Your Dental 'Home'

- ▶ Do they examine your entire mouth and head and neck for swellings, or lesions?
- ▶ Do they examine your gums as well as your teeth? i.e. measure pockets between the teeth and gums, and monitor gum recession
- ▶ X-rays are necessary periodically

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## The Little Things (TLC)



Image courtesy of CDHA Dental Hygiene Image Bank

- ▶ Lip balm or Vaseline
- ▶ Blanket
- ▶ Neck pillow
- ▶ Lumbar cushions
- ▶ Lavender oil

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## Communicating With Your Dental Professional

- ▶ You are not alone: an eating disorder is not something to be ashamed of
- ▶ Try to be open (within your comfort zone)
- ▶ If you want more privacy, consider requesting a discussion by phone before your appointment
- ▶ It's OK to ask why treatments or X-rays are being recommended

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## Communicating With Your Dental Care Professional

- ▶ Ask for clarification if needed
- ▶ Request demonstrations of brushing, etc. to be repeated if needed
- ▶ Don't be ashamed to tell us if you don't like flossing-there are alternatives
- ▶ We partner with you to find doable solutions

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## Tips for Managing Dental Fear or Anxiety



Image courtesy of CDHA Dental Hygiene Image Bank

- ▶ You are not alone
- ▶ Tell us if you are anxious
- ▶ Lavender oil
- ▶ Relaxation techniques
- ▶ Earphones with music
- ▶ Weighted blanket
- ▶ Pain management
- ▶ Virtual Reality goggles

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## Helpful tips for coping with dental anxiety

- ▶ Sharing control: agree on a non-verbal signal to indicate increased anxiety and a message to pause treatment
- ▶ Ask for regular reassurance and explanations regarding the procedures
- ▶ Ask for extra time for appointments

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## Relaxation techniques



bing.com/images

- ▶ Self-hypnosis & Guided imagery
- ▶ Relaxation music
- ▶ TV
- ▶ Relaxation apps

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## Controlled Breathing



- ▶ Breathing apps on the App Store or Google Play

By John Pierce - Own work, CC0,  
<https://commons.wikimedia.org/w/index.php?curid=4850963>

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## Weighted blanket



<https://ca.dentacalm.com/>

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Image reproduced with permission (photo taken pre-COVID)

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## Therapy Pets



Image courtesy Dr. S. Hobbs

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## Virtual Reality



Image courtesy of OperaDDS

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## In-office Dental Treatments Help to Improve Oral Health, Aesthetics and Quality Of life



Image courtesy of CDHA Dental Hygiene Image Bank

- ▶ Regular visits for examination, maintenance and support
- ▶ Treatments to help keep the teeth, gums and bone healthy
- ▶ Repair cavities and worn or damaged teeth

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## Your Dental Hygienist



Image courtesy of CDHA Dental Hygiene Image Bank

- ▶ Your supportive oral health coach & cheerleader
- ▶ Monitors your oral health
- ▶ Monitors your vital signs
- ▶ Takes X-rays if needed to check your teeth and bone

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## Your Dental Hygienist



Image courtesy of CDHA Dental Hygiene Image Bank

- ▶ Removes biofilm (plaque) and hard deposits from teeth
- ▶ Other Therapies as needed
- ▶ Applies agents to desensitize teeth and prevent cavities
- ▶ Numb sensitive gums before professional cleaning

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### Treatment for sensitive teeth: In-office fluoride varnish



Images courtesy of 3M ESPE

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### In-office Dental Treatments Help to Improve Oral Health, Aesthetics and Quality Of life

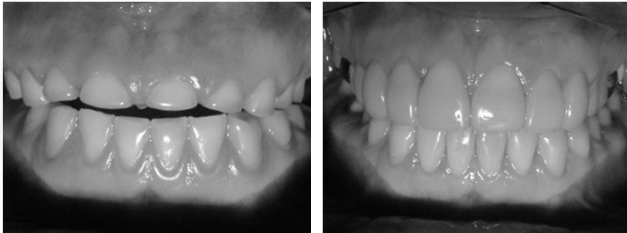


Image courtesy Dr T. Shaw

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### After 10 years



Image courtesy Dr T. Shaw

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## Handy Resources

- ▶ Partners in Prevention FactSheet 21 ([dentalhygienecanada.ca](http://dentalhygienecanada.ca))
- ▶ CDHO - The College of Dental Hygienists of Ontario <https://www.cdho.org>
- ▶ How to Use a Waterpik® Water Flosser: <https://youtu.be/tmBcEf2jiks>
- ▶ Fluoride Treatments: Your Questions Answered ([dentalhygienecanada.ca](http://dentalhygienecanada.ca))
- ▶ Relaxation Techniques ([dentalfearcentral.org](http://dentalfearcentral.org))
- ▶ Calming Apps for Anxiety at the Dentist | Delta Dental of New Jersey ([deltadentalnj.com](http://deltadentalnj.com))
- ▶ Breathe Well - Apps on Google Play
- ▶ Mouth Qigong <https://youtu.be/cVKiSpvzIAo>

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## You are Not Alone



Image courtesy of CDHA Dental Hygiene Image Bank

- ▶ Your dental professionals are here for you
- ▶ No need to feel embarrassed
- ▶ You deserve to be heard
- ▶ Tell us about your questions and concerns
- ▶ Take time for yourself and your oral care

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## Thank You!!

Please feel free to ask questions

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