



## Tongue Cleaning

The tongue as an accessible part of the body is unique because it is not routinely cleaned by most people. Yet food debris and bacterial plaque are visible on the surface of many tongues as a coating that can easily be removed by gentle scraping.

### What does tongue cleaning do?

- Removes a layer of bacteria, mucus and food from its surface.
- Reduces the risk of dental decay and gum disease.
- Reduces bad breath.
- Removes stain making the tongue pinker, cleaner and healthier.
- Starts a new oral hygiene pattern which makes the whole mouth feel cleaner and fresher.

### How does tongue cleaning reduce bad breath?

Halitosis can result from many different causes including bacteria in the mouth, post-nasal drip, eating certain foods and some systemic illnesses.

### The commonest cause of bad breath is bacteria in the mouth.

The fissures in the tongue and the deposits on the tongue harbour huge colonies of bacteria, so removal of these bacteria by tongue cleaning will help to reduce bad breath.