

# Diabetes and mouth care

***Having diabetes means you may have more problems with your teeth and gums.***

## **Diabetes and dental health**

When diabetes is not well-controlled, high sugar levels in your saliva (“spit”) may help germs grow. This may cause tooth decay or gum disease.

## **Having diabetes can also cause you to have:**

- Mouth infections, like thrush
- Poor healing in your mouth
- Dry mouth

## **Get good dental care**

- Tell your dentist that you have diabetes and any other medical condition.
- Eat before you see your dentist.
  - The best time for dental work is when your blood sugar level is in a normal range.
  - If you take insulin, a morning visit after breakfast is best.
- Stick to your meal plan after dental work.
  - If you cannot chew well, plan how to get the calories you need.
  - You may need to use your sick-day meal plan and eat more soft or liquid foods.
- Call your dentist if you have:
  - Gums that bleed, are red, puffy, swollen, or sore
  - Bad breath or a bad taste in your mouth

## **Take care of your mouth**

- Control your blood sugar.
- Help get rid of the germs in your mouth by:
  - Brushing for 2 minutes 2 times every day.
  - Flossing every day using a clean piece of floss.
- Ask your dentist to show you how to brush and floss your teeth the right way.
- Have a dental checkup every 6 months, or as often as your dentist tells you.

***Control your blood sugar levels and get regular dental checkups to help keep a healthy smile.***