

Health Advice

What about my tongue? Any suggestions?

The tongue is unique because it is the only accessible part of the body not routinely cleaned by most people.

What does tongue cleaning do?

- Reduces the levels of bacteria which cause [dental decay](#) and gum disease
- Removes stain making the tongue cleaner, pinker, and healthier
- Removes a layer of bacteria, mucus and debris from its surface
- Makes the whole mouth feel cleaner and fresher
- Reduces bad breath

The commonest cause of [bad breath](#) is bacteria in the mouth, especially on the tongue.

Can a normal toothbrush be used for tongue cleaning?

Yes, but it is not ideal for the job: a hard smooth edged instrument which adapts well to the back of the tongue cleans more efficiently and with less gagging.

The ideal tongue cleaner should:

- Reach the back of the tongue with minimal gagging
- Require minimum number of passes to clean thoroughly
- Be easy to use with one hand
- Not damage the surface of the tongue
- Be multicoloured for family identification

A practical suggestion if you don't own a tongue cleaner

1. Take a soup spoon the same width as your tongue
2. Invert it
3. Take a deep breath and hold it
4. Draw the spoon with light pressure from the back to the front of your tongue with your tongue fully extended
5. Clean the spoon thoroughly after use