



**METHADONE**

**MOUTH**

**CAN BE**

**ROTTEN**

The syrup is sticky and sugary and can rot your teeth so.....

Brush your teeth and gums with fluoride toothpaste; just a gentle scrub is fine before you get your methadone.

Try to swill your mouth with plain water after taking your methadone.

For sugar free methadone.

- Fizzy and energy drinks are sugar heavy, make you thirsty and rot your teeth.
- If your mouth gets dry try sugar free gum or plain water.
- If your gums bleed when you are brushing – don't stop, see your dentist, they'll help.
- Go and see a Dentist, It's confidential; they can get rid of pain and may be able to improve how your teeth look. They will check your mouth for any other problems.

Dental Helpline number **0161 476 9649** (Monday to Friday 8am to 6pm).

Or **0161 337 2246** (6pm -10pm weekends and bank holidays) or ring NHS DIRECT number **111**

NHS treatment may be free, just ask when you go.

**DRUGS...**

**WHATEVER YOU CALL THEM, THE EFFECT ON  
YOUR TEETH CAN BE ROTTEN!**