

smile

dental care and dialysis



Good oral hygiene has been shown to have many benefits for those on dialysis.

You may be surprised to learn that good dental care involves more than just brushing, flossing, and a cleaning by a dentist. In fact, taking care of your teeth and gums should be a vital part of your overall health regimen, since it helps prevent heart attack, stroke, and other serious illnesses! For those with kidney disease or on dialysis, it is important to visit the dentist regularly, because complications like gum disease, tooth loss, and thinning enamel may arise.

When the kidneys are not functioning properly, urea can build up in the blood, which can then leave a bad taste and odor in the mouth. In addition, the body may

not be capable of using calcium in a helpful way, which means teeth may become loose and painful.

If you are on dialysis, you should aim to schedule dental appointments within 24 hours of your treatment. It is important that you tell your dentist which medications you are currently taking to ensure there are no complications. For example, patients who are on blood thinners may be at increased risk of bleeding. Your dentist will also need to know which medications you are taking before prescribing any additional medications.

Good oral hygiene has been shown to have many benefits for those on

dialysis. Daily brushing and flossing, changing your toothbrush regularly (every 3 months), and using mouthwash were all associated with improved health outcomes in a recent study. Maintain your smile and your health by talking to your doctor and visiting your dentist every six months.



Brush, floss,
change your
toothbrush
and use
mouthwash.