No More Mask Mouth

Focus on good oral hygiene at home
Brush and floss twice daily and rinse your mouth with water after eating or before long periods of sleep to help keep your mouth clean and clear of left-behind food particles.

Treat gum disease
Gum disease may release a sulfurous chemical called methyl mercaptan, produced by the bacteria in your mouth that cause gum disease, which is known to smell like cabbage or rotting eggs. If you suspect your bad breath is due to gum disease, which 75% of American adults have, visit your dentist as soon as you safely can for evaluation and treatment.1, 2

Watch your diet
Some food and drink can make your breath stink, so avoid eating anything too fragrant or strong before having to wear a mask for long periods of time – things like coffee, garlic and onions. Don’t forget to rinse with water after eating (or better yet, brush and floss!).

Keep your mask fresh and clean
If your mask stinks, it might be time to replace it if it’s disposable or toss it in the wash if it is cloth. Respiratory particles from your breath will land on the mask when you breathe and the bacteria in those particles can grow and cause an odor.

References: