



## **Why does my tongue look white?**

The surface of your tongue is very rough and irregular. This makes it an area where bacteria can collect giving your tongue a white coating. Some bacteria can give the tongue a green or even black appearance and for those who smoke or drink a lot of coffee the coating may even be a brownish color. Most bad breath is caused by the bacteria on your tongue therefore cleaning your tongue can be very beneficial to you!

To clean your tongue, first try your toothbrush and a little toothpaste. The most harmful bacteria form on the posterior portion of your tongue, so try to clean as far back as possible. If your toothbrush doesn't seem to remove the coating or if this causes you to gag, a tongue cleaner should be tried. Tongue cleaners come in a wide variety of shapes and you should use the one that works best for you. When using, start at the back of your tongue and scrape forward until no debris is clinging to the tongue cleaner. This should rid your tongue of unwanted bacteria and help you maintain fresh breath!

It is important to make cleaning your tongue a part of your daily oral health routine. If you have any questions regarding tongue cleaners or your oral health in general, don't hesitate to contact your dentist!

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