

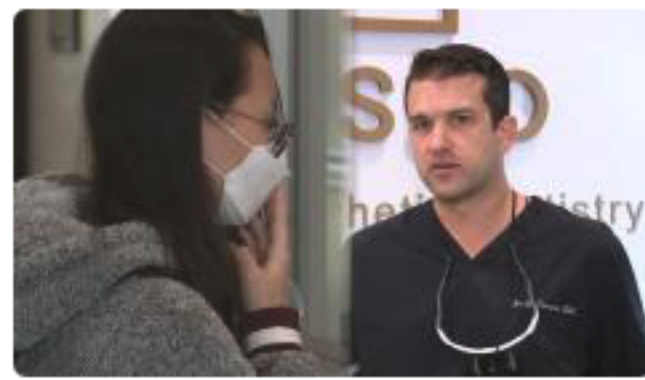
BLOG

Dentist: ‘Mask Mouth’ Is Causing Tooth Decay, Bad Breath, Clenching and Grinding of Teeth

 By [Craig Bannister](#) | November 16, 2020 | 10:17am EST

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The coronavirus pandemic has produced a new adverse health impact that dentists have dubbed “Mask Mouth.”



(Screenshot)

“Mask Mouth,” the result of wearing a coronavirus mask, produces an unpleasant odor and promotes tooth decay, Raleigh, N.C. Dentist Justin Russo explained in an interview with local station ABC11:

"The bacteria in your mouth will have a more fertile breeding ground, you'll be more likely to have tooth decay, you'll smell bad breath, those sorts of things."



What’s more, the stress of dealing with the mask and coronavirus can prompt people to grind and clench their teeth, Russo says:

"A lot of people are stressed out. I can just tell by people's mood that they're stressed out. So, they're clenching, grinding their teeth. A lot of people are eating irregular."

“Some dentists are experiencing a 25 percent rise of bite-related cases and some said they believe the pandemic could be to blame,” [WTVD reports](#).

[CTV News](#) lists the following precautions to take to avoid Mask Mouth:

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- Brush your teeth at least twice a day.
- Floss between your teeth every day.
- Don’t forget to brush your tongue too.
- Swish your mouth with mouthwash before putting on a mask.
- Drink lots of waters throughout the day. Stay hydrated.
- Avoid alcohol, smoking, marijuana, and vaping because they can cause dry mouth, inflammation, enamel damage, teeth staining, and even oral cancer.
- Avoid sugary foods and acidic drinks.
- Chew sugar-free gum to increase saliva flow.
- Regularly wash your reusable face mask or replace disposable masks.
- Eat a balanced and nutritious diet.