

MASK MOUTH SYNDROME



What is the Mask Mouth Syndrome?

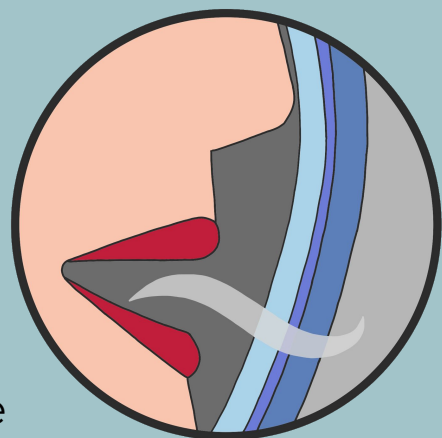
The mouth mask syndrome involves a number of oral side effects including bad breath and mouth dryness, observed after prolonged use of face masks.

These side effects are mainly attributed to:

Disrupted breathing patterns due to the tendency to breathe rapidly and shallowly, especially through the mouth.

Dehydration due to a reduced water intake while wearing masks.

Recycling air as the carbon dioxide containing air you exhale is trapped inside the mask and is re-inhaled.



Symptoms to Look Out For



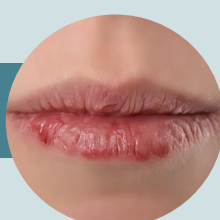
Bad Breath

Dry Mouth



Cracked Lip Corners

Chapped Lips



Swollen Gums



Tooth Decay



How It Can Be Prevented and Overcome

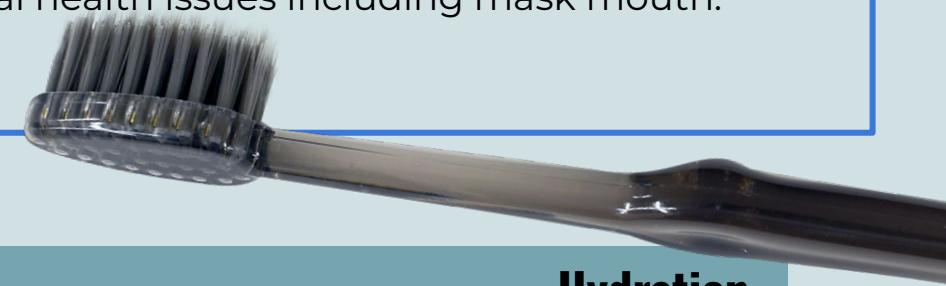
Use of Clean Masks

Making use of only clean and hygienic masks ensures the cleanliness of the mouth. As far as practicable, change your disposable mask everyday. Even if cloth masks are reused, one should ensure that they are properly washed, cleaned and dried after use.



Smart At-Home Oral Care

Maintaining a habit of brushing your teeth twice a day with a thin-bristled toothbrush and quality toothpaste, and rinsing your mouth after each meal or before sleep can go a long way toward protecting you from oral health issues including mask mouth.



Hydration

Ensuring sufficient daily intake of water will forestall the occurrence of dryness of mouth, keeping it fresh at all times. This in turn can reduce chances of oral discomfort if you are wearing a mask for long hours or are planning on doing so.

Diet Consciousness

Consciousness regarding what you eat and how often you snack can enable you to prevent bad breath. It is advised that you avoid food and drink like coffee, onions, garlic, or anything too fragrant before having to wear a mask.



Proper Breathing Pattern

Breathing solely through your nose and putting a stop to mouth-breathing while a mask is on your face is crucial so as to ward off harmful particles and germs, preventing them from entering the lungs. This also helps avert the puffiness or dampness of the mask, providing overall comfort.

