

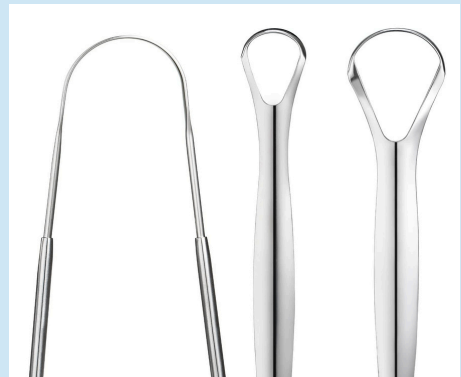
Tongue Scraper

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The tongue is characterized by papillary projections, elevations, and depressions that offer the ideal surface environment for bacteria and food debris responsible for malodor. Additionally, some patients may have deep fissures that provide crevices and additional surface area to house these microorganisms.



<https://www.checkers.co.za/All-Departments/Toiletries/Oral-Care/Dental-Flosses/G-U-M-Tongue-Cleaner-%28Colour-May-Vary%29/p/10243350EA>



<https://www.amazon.com/YLYL-Scrapers-Stainless-Scrappers-Portable/dp/B08DY7J8Z9>

Purpose & Use:

- Helps improve bad breath
- Mechanically remove bacterial coating on dorsum surface of tongue by:
 1. Placing tongue scraper on the most posterior surface of tongue
 2. Press handle with a lightly firm pressure, pull forward
 3. Repeat until full surface of tongue has been covered
 4. Rinse mouth and scraper under water to remove debris



Video Demonstration:
<https://www.youtube.com/shorts/6HGO dKJzI0>

Purchase & Cost:

May be purchased at Pharmacy or oral care isle of department stores

Depending on plastic or flexible metal style, cost: \$5-\$10

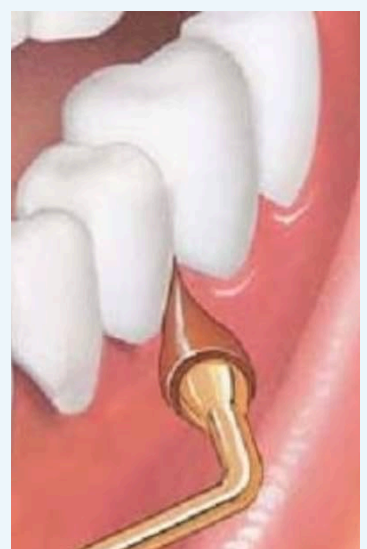
Limitations:

- may trigger gag reflex
- may be difficult to use for those with motor skill limitations
- careful to not place too much pressure and hurt tongue

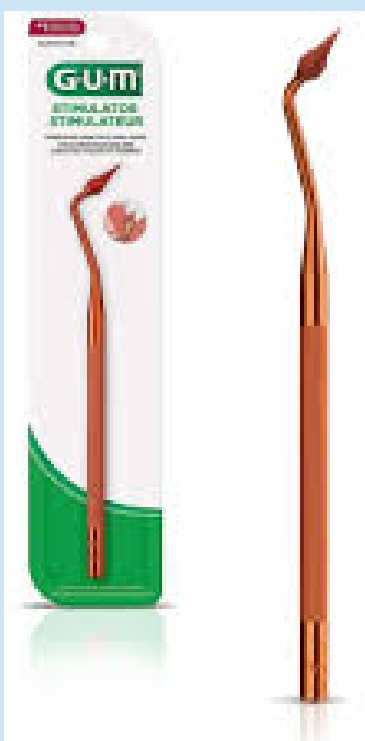
Rubber Tip Stimulator

Purpose & Use:

- For interdental removal of debris and subgingival biofilm
- May help improve tissue blood flow and oxygen deposit
- Used in addition to brushing and flossing
- To use:
 1. Soften rubber tip by running under warm water before use
 2. Trace tip along the gingival margin and interdentally, about 1-2mm.
 3. Rinse tip and mouth after use



<https://www.amazon.in/Gum-GUM-Stimulator-Each-Pack/dp/B00IRN9WR6>



<https://www.frysfood.com/p/gum-stimulator-each/0007094200600>

Purchase & Cost:

May be purchased at Pharmacy or oral care isle of department stores

Cost: \$3-\$6

Limitations:

- may be difficult to use for those with motor skill limitations
- research on blood flow stimulation effectiveness is still emerging



<https://surgimac.com/products/toothbrush-classic-soft-bristles-tip>



Video Demonstration:
<https://www.youtube.com/watch?v=AOsjaZFYw40>

References:

Choi, H. N., Cho, Y. S., & Koo, J. W. (2021). The effect of mechanical tongue cleaning on oral malodor and tongue coating. International Journal of Environmental Research and Public Health, 19(1), 108. <https://doi.org/10.3390/ijerph19010108>

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Milleman, J., He, T., & Anastasia, M. (2017). Anti-calculus efficacy of a SnF2 dentifrice in a three-month clinical study. P&G Oral Health. https://assets.ctfassets.net/u2qvltdatdbbu/4CEZII3oBfw9c8rBz9h3ko/4f27fafa32b9a46c0c89e5fb553dd0b6/2017iadrmmilleman_.pdf_.pdf