



How to instructions

How to clean your tongue with a tongue scraper

Your tongue is a place where unhealthy and odour-producing bacteria can live. This especially applies to the back of the tongue. Cleaning your tongue regularly is an essential part of oral care. This can be done with a toothbrush or a dedicated tongue scraper.

1. Tongue scraping is ideally done before brushing. If you poke out your tongue, you may be able to see discoloured plaque build up at the back.
2. Scrape the tongue from the back of the tongue towards the tip of the tongue three times or until the tongue is clean and free of debris. Rinse your mouth and also rinse the tongue scraper after each use and allow to dry.

Of course, [brushing](#), [flossing](#) and cleaning [between](#) your teeth and certain [mouthwashes](#) are also effective ways to combat bad breath. Dry mouth, gum disease and other conditions such as tonsil stones or gut health problems may also contribute to excessive bad breath. It is important to address these factors as part of overall oral health.