



Oral Health Articles

Neurodiversity and how it may impact dental care

This article helps neurodivergent people find a tooth cleaning routine that feels OK.

Neurodivergent people may feel taste, sound and touch more strongly. Mint, foam or a buzzing toothbrush can feel too much. There is no one right way to brush.

Toothpaste

- Try mild or no-flavour toothpaste, or children's flavours.
- Try low-foam or no-foam toothpaste.
- If toothpaste is too hard, brush with water. This is better than not brushing. Add a little toothpaste slowly over time.

Toothbrush

- Manual options: soft brush with a small head, angled brush, 3-sided brush, or a handle that is easier to grip.
- An electric toothbrush does the work for you. But some people do not like the noise or buzzing.
- Choose the one that feels most comfortable.

Mouthwash

Not everyone needs mouthwash. Many have strong flavours or alcohol that sting. Other options: rinse with plain water, use a mild alcohol-free mouthwash, or use a home-made bicarb or salt water rinse. Ask your dental professional.

Building a routine

- Brush at the same times each day, morning and night.

- Use a timer, a 2 to 3 minute song or a phone app.
- Start small. Brush a few teeth at a time. Slowly build up to the whole mouth for 2 minutes, twice a day.