

How can I Reduce the Risk of Future Tooth Extractions?

Brush your teeth at least twice a day:

- You should brush your teeth once in the morning and once at night before sleeping
- Use toothpaste that contains fluoride to protect your teeth against decay
- After brushing, spit out the toothpaste without rinsing your mouth with water as this allows your teeth to gain the full protective benefits of the toothpaste

Floss your teeth once a day:

- Flossing removes bacteria found in between your teeth, which your toothbrush is unable to reach

Choose a low-sugar diet:

- Consume food and beverages with zero or low sugar levels
- Take note of foods with hidden sugar (e.g. fruit juice and bubble tea)
- Switch to artificial sweeteners if you do not have dietary issues
- Avoid flavoured and fizzy drinks

Go for regular dental check-ups:

- Your dentist should monitor your oral health to keep your teeth healthy
- Inform your dentist about the medicines you have taken before, including antiresorptive medications if any

Clinic 6B
TTSH Medical Centre, Level 6
Contact:
6357 7000 (Central Hotline)



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Department of
DENTAL SURGERY

Dental Advice for Patients on Antiresorptive Medications



What are Antiresorptive Medications?

Antiresorptive medications help to maintain bone health and strength. They can treat conditions such as:

Condition	How do the medications help?
Fragile bones	<ul style="list-style-type: none">Slows down bone lossPrevents fractures that result from trauma (e.g. fall from a standing height)
Cancers	<ul style="list-style-type: none">Reduce health problems that are related to cancer of the bone

However, they may cause the following side effects after extracting a tooth:

- Slower wound healing process
- Higher risk of medication-related osteonecrosis of the jaw, also known as MRONJ



MRONJ in the upper jaw
Photo retrieved from Wikipedia

What is MRONJ?

MRONJ is a rare oral condition of exposed bone, which could become infected and cause pain. It may affect:

- Patients who are currently or were previously on antiresorptive therapy
- Patients who had tooth extraction
- Patients with ongoing dental infections
- Patients whose dentures are not fitted properly and suffer from open sores

What are the Risks of Developing MRONJ?

There is a low risk of developing MRONJ, as this is an uncommon condition:

If you are on antiresorptive medication for	Risk level
Fragile bones	About 0.05%
Cancer	About 5%

Treatment that affects the bone (e.g. tooth extraction or dental implants) may slightly increase the risk of developing MRONJ.

How can I Reduce the Risk of Developing MRONJ?

You may follow these recommended ways to help maintain your oral health:

- Go for regular dental check-ups to improve your health, before and after starting on antiresorptive therapy
- Have good dental habits (e.g. clean your teeth daily and have a low-sugar diet)

How can My Dentist Help to Reduce the Risk of Developing MRONJ?

Before starting antiresorptive therapy, your dentist can help to:

- Carry out a detailed dental check-up for you
- Take x-rays to check on your current dental health
- Recommend tooth extraction, which is common if your teeth are in poor condition
- Make sure your dentures are fitted properly