



LS Dental

Ipoh · Dr. Kent Teoh

PATIENT GUIDE

Kidney disease & your **mouth**

When the kidneys struggle, waste builds up and shows in the mouth — and dental care needs a little extra planning.

● **Metallic breath**

● **Bleeding gums**

● **Dialysis timing**

Why the kidneys reach the mouth

Healthy kidneys filter waste, balance minerals, and help make blood and bone. When they can't keep up, **waste builds up in the body** — and because the mouth is rich in blood vessels and thin lining, the change often **shows there**.

WASTE BUILD-UP

Urea and other wastes rise — giving a **metallic taste** and an ammonia-like breath.

FEWER BLOOD CELLS

Kidney disease often brings **anaemia** — pale gums and lining, and tiredness.

BLEEDING TENDENCY

Blood may clot less well, so **gums can bleed more** and wounds heal slower.

BONE & MINERAL CHANGES

Calcium and phosphate shift — affecting the **jawbone** and, in children, the developing teeth.

Two-way street: a healthy mouth also helps the body — untreated infection adds strain, which matters most before a kidney transplant.

What you might notice

These are more likely with **advanced** kidney disease or on dialysis. Any one has other causes too — but together they're worth mentioning to your doctor and dentist.



Metallic taste & ammonia breath



Dry mouth and increased decay



Pale, inflamed or bleeding gums



Mouth ulcers or white patches



Enamel changes (in children with early CKD)



Slower healing after dental work

Good to keep in mind: a metallic taste or bad breath won't always be the kidneys — but with known kidney disease, tell your care team.

Planning dental care **around** dialysis

Dental treatment is safe with kidney disease — it just needs **coordination**. A few adjustments keep it comfortable and avoid complications.

● What we plan for

- Treatment on a **non-dialysis day** (often the day after)
- Extra care with **bleeding** — blood thinners are reviewed
- Medicine and anaesthetic doses adjusted to your kidneys
- Antibiotic cover only when truly needed

Before a transplant

- Get the mouth **infection-free first**
- Treat bad teeth and gum disease early
- After transplant, medicines can affect gums — keep up check-ups

Teamwork: your dentist and kidney doctor share information so treatment fits your stage, your dialysis schedule and your medicines.

Simple steps that **protect you**

Keeping the mouth healthy is one of the kindest things you can do for your body while your kidneys are under strain.

● **Your checklist**

- **1.** Tell your dentist about your **kidney disease, dialysis or transplant** — and bring your medicine list
- **2.** Keep the mouth clean and infection-free with gentle daily care
- **3.** Manage dry mouth: sip water, sugar-free gum, fluoride toothpaste
- **4.** Book treatment around your dialysis schedule, not on the same day



Don't skip the dentist: catching problems early avoids emergencies — which are harder to manage with kidney disease.

On dialysis or awaiting a transplant?

Tell us — we'll plan safe, well-timed care and work with your kidney team.



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