EPILEPSY NEW ZEALAND
Kia titiro ki te tangata | See the person

Dental Health



Going to the dentist is an important part of maintaining good dental health. Dentists can help you maintain oral hygiene, provide preventative treatments and care, as well as identify and treat a variety of conditions of the mouth and teeth.

If you have epilepsy, you should stay on top of your dental health as much as possible, just like anyone else. General advice around brushing, flossing, and maintaining a good diet is important to follow.

However, there are a few things about going to the dentist that are more unique for people with epilepsy, some of which are discussed on this page. But remember, as each situation is different, always discuss your needs with your healthcare team to get the best individualised support possible.

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