

Oral Health & Dermatillomania



Oral-Related Dermatillomania can show up as:

- Cheek Biting
- Lip Picking
- Tongue Chewing
- Lip Chewing
- Gum Picking
- Nail Biting



This Can Impede Day-to-Day Life By:

- Unable to speak up as often because of pain when moving cheeks
- Afraid to stand close to others because of flaking lips
- Cancelled plans because of jaw pain
- Late for work because mouth is bleeding
- Sick often from ingesting bacteria from hands in mouth
- Less affectionate from shame of lips

Dentist Visit Tips

- Call ahead & ask if they're familiar with Skin Picking Disorder
- Tell them about Dermatillomania with resources from pickingme.org
- Ask for mouth/tongue/cheek guard recommendations
- Mention areas in your mouth that are tender to touch
- Bring a fidget to keep your fingers busy in the waiting room

Oral Care Tips

- Use SLS (Sodium Lauryl Sulfate) FREE toothpaste & mouthwash
- Rinse your mouth with lukewarm water
- Floss away from the mirror
- Avoid spicy foods
- Scrub dead skin with a lip brush

Mngmt Strategies

- Suck ice, use a jaw or lip ice pack
- Dim lights & cover mirrors
- Leave oral fidgets out & visible
- Brush teeth at the kitchen sink
- Redirect & release energy with a CalmStrip
- Try HabitAware's Keen for picking awareness

Take Action

- Join our newsletter at pickingme.org/emails/signup
- Forward one of our emails to your dentist office
- Order merch from our ClozTalk line
- Follow us @pickingmefdn & use hashtag #PickingMe
- Email Lauren at lauren@pickingme.org for more support
- Order The Book of Amazing People, ft our founder Lauren's story



Oral Fidgets

- Chew gum
- Gnaw sunflower seeds
- Tongue-tie cherry stems
- Bite a mouth guard
- Nibble Chewlery
- Chomp toothpicks
- Crush ice cubes

