



Brushing Up on Mouth Care

An oral health resource for those who
provide care to older adults



ACKNOWLEDGEMENTS



This oral care educational resource binder was developed as part of the following project:

**Oral Care in Continuing Care Settings:
Collaborating to Improve Policies and Practices (2008-2012)**

Project funded by: The Nova Scotia Health Research Foundation

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SPECIAL THANKS to the administration and care staff at the long-term care sites for their involvement with the design and development of these materials.

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Sincere appreciation

to those who assisted in the development of these materials

Trevor Doherty – *Graphic Design*

Julie Hopkins – *Graphic Design*

Mark Pineo - *Audio*

Marilyn Klein – *Photography*

Bev Baillie – *Volunteer*

Linda Cochrane - *Volunteer*

Kim Berkers - *Volunteer*

Challenging Behaviours Resource Consultants

Northwoodcare Inc. & Northwood Homecare

Nova Scotia Community College & Eastern College

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Brushing Up on Mouth Care

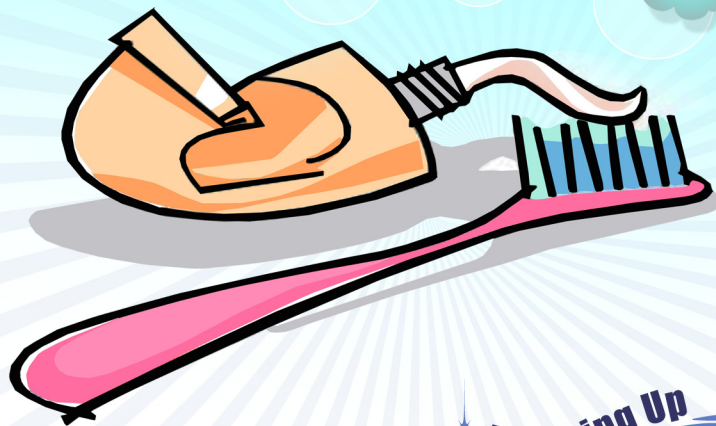
✓ Brush teeth/dentures

✓ Brush the tongue & gums

✓ Rinse with salt water or
mouth rinse

✓ Use floss or floss alternative
to clean between teeth

✓ Stand the toothbrush
upright to air dry



DID YOU KNOW?

DENTURE CARE



- ✓ **Dentures need as much care as natural teeth**
- ✓ **It is important to brush the mouth and the gums of denture-wearers**
- ✓ **Toothpaste will scratch dentures. Use liquid soap or foam denture cleaner instead**
- ✓ **Line the sink with a face cloth or fill it ($\frac{1}{4}$ full) with water to protect dentures should they fall while being cleaned**
- ✓ **Dentures should be taken out at night (or 1-2 hours per day)**

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DID YOU KNOW ?

MOUTH CARE



- ✓ **Bad breath (halitosis) is often a sign of poor oral hygiene**
- ✓ **Brushing natural teeth without toothpaste is still effective**
- ✓ **A soft bristled brush is recommended - it removes plaque and is gentler on gums**
- ✓ **Toothpaste with fluoride and fluoride rinse help prevent tooth decay**
- ✓ **Toothbrushes should be stored in an upright position to help prevent bacteria from collecting on the bristles**

**Brushing Up
on Mouth Care**

LOOK

for redness, white patches,
sores or bleeding

FEEL

for tenderness, swelling,
or loose/broken teeth

TELL

your supervisor if you
notice anything unusual

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