

choking awareness

Oral health information for carers



General advice

- Wash hands before and after oral/ mouth care
- Store toothbrush and all equipment in a clean place
- Do not share toothbrushes or oral equipment
- Replace toothbrush every 3 months or sooner if bristles become worn or if you have had an infection
- Visit the dentist regularly.

Good toothbrushing

- It is important to have really clean teeth and a clean mouth
- There are millions of bacteria which stick to our teeth. This is called plaque
- Bacteria from the mouth and teeth can cause chest infections
- Teeth and gums should be brushed twice every day with a fluoride toothpaste (1450ppm) to remove plaque
- Use a pea-sized blob of toothpaste
- Use a medium toothbrush with a small head
- Do not rinse after brushing, this helps the fluoride to protect the teeth
- Start with upper teeth; front and back

First brush the outside of the upper teeth, then all inside teeth, finishing with a gentle scrub action on the back teeth

Repeat this on the lower teeth.

TOP TEETH

Outside surfaces
of all teeth



Outside surfaces
of all teeth

Inside surfaces
of all teeth



Inside surfaces
of all teeth

Inside surfaces of
front teeth: hold the
brush pointing up



Inside surfaces of
front teeth: hold the
brush pointing down

Biting surfaces
of all teeth



Biting surfaces
of all teeth

BOTTOM TEETH

Good toothbrushing

- Even if the gums bleed, continue to brush. This can be as a result of the build-up of plaque on the teeth and only brushing can remove this
- Battery brushes are good when there is limited manual dexterity
- People with poor manual dexterity should have supported toothbrushing
- Rinse the toothbrush when brushing is finished.

HELPFUL POSITIONS FOR TOOTHBRUSHING

Relax by stroking their lips gently to prepare for toothbrushing



Stand behind the individual and support the chin



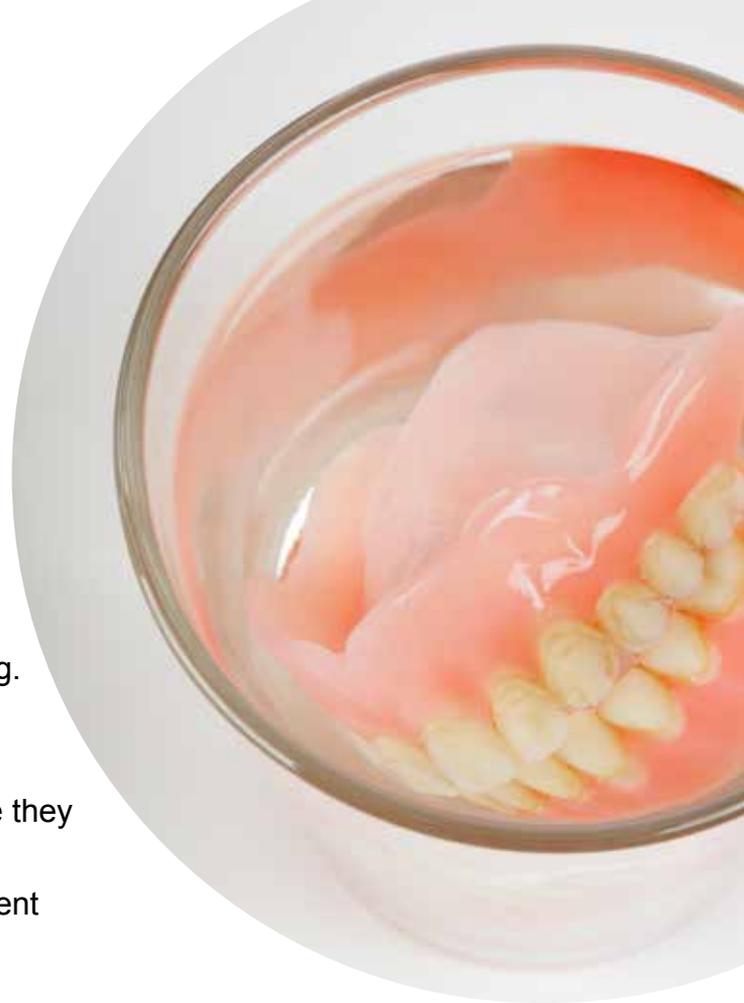
Rest the individual's head on your lap and support the chin



A bean bag might be useful as you can then brush teeth from behind

Cleaning of dentures

- Dentures should be rinsed after meals
- At night dentures should be cleaned thoroughly using unperfumed soap or denture cream and a toothbrush. This should be done over a basin filled with water to prevent breaking if they are dropped. All dentures should be removed from the mouth for cleaning.
- Dentures should be removed before bed and stored in a denture pot and water.
- Dentures should be stored in water at any time they are not being worn
- It is important that dentures fit properly to prevent problems, such as choking.



Food choices

- Reduce the amount and frequency of sugary drinks, sweets and chocolate bars
- Snacks should be sugar free or low sugar
- Milk and water are best to drink
- If you can use a straw with your drinks, this may help to protect your teeth.

