

Visiting the Dentist

Everyone, including those with dentures should visit the dentist regularly.



If you notice any problems or possible pain from the mouth please contact the person's usual dentist or the Dental Helpline.



If the person you care for requires Special Care Dentistry (e.g. Dementia) then contact the local Community Dental Service for further information:

If you would like further advice about this leaflet please contact:

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British Society of
Gerodontology

Mouth Care for Older People



Information for Carers

www.gerodontology.com

Mouth Care



Having a clean healthy mouth helps you to speak, eat and smile.

Not brushing teeth, gums and dentures daily can lead to discomfort, pain and affect general health.



Carers play a vital role in helping older people with their mouth care.

Diet



Eating too many sugary snacks and drinks between meals can cause tooth decay.

Try to eat sugary snacks and drinks at meal times only.



Some people are advised to take food supplements or drinks. These may cause tooth decay.



To help prevent tooth decay you can:
Use a straw with drinks and sip feeds.
Rinse with water afterwards.
Ask the dentist about extra fluoride toothpaste.

Denture Care



Rinse well before wearing dentures.



Check for any cracks, chips or any looseness. Tell the dental team if there are any problems.



It is best to leave dentures out at night.

Store them dry, in a container.
Clean the denture container daily.

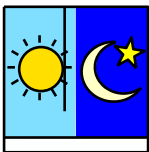


Check to see if the person's name is marked on the denture.



It is also important to clean food and bacteria from the mouth every day.
Use a soft brush to clean the gums, cheeks and tongue.

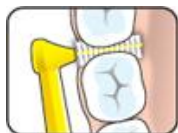
Brushing Teeth and Gums



Brush at least twice a day, especially before bed time.



Use a pea sized amount of toothpaste.
Ask the person to spit out but not to rinse after brushing.



If the person allows, clean between the teeth with floss or interdental brushes.

Some people have difficulty brushing their teeth. Here are some brushes which may help:



A "superbrush" can brush all 3 surfaces at once.



An electric brush with a rotating action.



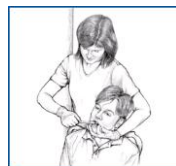
Toothbrushes can be adapted for a person.
Ask the Dental Team for advice.

Brushing Teeth and Gums

If the person needs extra help you should:



Explain what you are going to do.
Make sure they are comfortable and their head is supported.



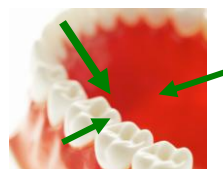
Try standing behind and a little to the side of the person.



Take out dentures before brushing.
Pull back cheek and lips to see teeth.



Brush the teeth and gum with small circular motions. 1 or 2 teeth at a time.



Clean all sides of the teeth. Start from the outside, and clean all the teeth and then the inside. Finally brush the chewing surfaces too.



Brushing the tongue will help remove bacteria.

Denture Care



Dentures must be kept clean to avoid mouth infections.

To clean dentures you will need:

- Gloves
- Soap or denture cream
- Toothbrush or denture brush
- Soaking solution such as Sodium Hypochlorite (e.g. Milton™)
- Named denture container



Brush dentures to remove any food and bacteria.

Try to rinse dentures after every meal.



Soak dentures daily in Sodium Hypochlorite 1% (e.g. Milton™)
(1 tsp solution to ½ tumbler of water.)



Soak for:
3 minutes - plastic dentures
1 minute - dentures with metal parts or with Chlorohexidine Gluconate. (e.g. Corsodyl™)

Brushing Teeth and Gums



Brushing teeth and gums removes the sticky film of bacteria, called plaque. Not brushing can lead to bleeding gums and gum disease.



Continue to brush teeth even if the gums bleed. If the bleeding continues please contact a dentist.



For cleaning teeth and gums you will need:



- Toothpaste containing fluoride
- Soft small headed brush
- Gloves
- Towel



A lot of people can brush their own teeth and gums with your help.