

Oral Hygiene in Elderly

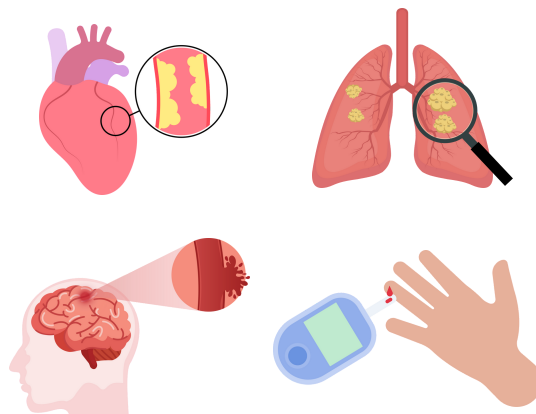
Why Is It Important?

Your dental health affects more than just your teeth and gums; poor oral health can have serious implications on your overall health and wellbeing. Modern research suggests that gum disease can contribute to other health issues and affect quality of life



Other Health Issues:

- Heart disease
- Lung disorders
- Arthritis
- Strokes
- Diabetes



Affect Quality of Life:

- Poor self-esteem
- Decreased social interaction / social isolation
- Problems with eating leading to malnutrition
- Problems with sleeping
- Problems with speech
- Mouth pain



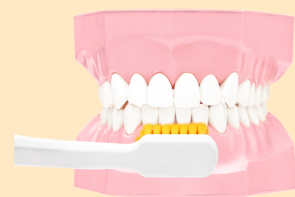
Oral Care Tips:

- Brush and floss daily (use a soft bristle with small head/electric toothbrush, change 3monthly or when the bristles start to fray).
- Use antibacterial mouthwash after brush or floss the teeth.
- Stay hydrated to prevent dry mouth.
 - If no fluid restriction: drink enough water daily/chew sugar-free gum.
 - Moisturise the mouth by rinsing/ice/chew sugar-free gum, apply lip moisturiser or moisten lips with damp cotton gauze if needed.
- Visit dentist regularly, every 6 months.
- Avoid tobacco products (stop smoking and chewing tobacco).



Oral Care for Bed Bound:

- Use a tongue depressor to hold patient's mouth open gently (never put your fingers in an unconscious patient's mouth).
- Clean the mouth by using soft and moisturized towel/cotton gauze to wipe the mouth.
- Use sponge-swabs with chlorhexidine to clean the remaining teeth if any and all oral cavity (including palate, gums, inner cheek areas).



Oral Care for Patient with Dementia:

1. Keep instructions short and simple, always tell your loved one what you are going to do before you do it.
2. Use the "watch me"/ "tell-show-do" technique (eye contact, quiet environment, comfortable sitting position, use a mirror).
3. Check the mouth regularly or bring them to the dentist (they may not express correctly even they are in pain) -e.g. poor appetite, refusal of food.
4. Can use table with basin (not necessary must be in bathroom).
5. Use the right toothbrush - A toothbrush with a large handle can be easier to hold onto and maneuver. Put the handle through a tennis ball to give the person something larger to grasp. Another option is an electric toothbrush, which may prove easier to use.
6. As dementia progresses, some individuals may have trouble identifying their oral care tools. Consider labelling them in a way that is easy to identify (for example, name, colors, placing dental tools and supplies in familiar places).
7. Try to remind your loved ones to brush teeth. E.g. make daily routines-such as brushing teeth together, in the same place and at the same time of day.




Denture Care:

- Clean dentures with denture brush/soft toothbrush and its container daily (use denture cleaner to clean the dentures, not your mouth). Once a week, soak in denture-cleansing agents to remove stains. Rinse off cleaning agent before wearing dentures.
- Soak dentures in clean water when not in use.
- Keep dentures out of mouth at least 4hrs/day to rest the mouth, night might be the best time, but not necessary must be at night, follow patient's habit).
- See dentist if dentures give you pain/discomfort/ulcers.




1



BRUSH YOUR DENTURES DAILY

Use a non-abrasive cleaner, not toothpaste


2



SOAK YOUR DENTURES DAILY

Use a denture cleanser to remove more plaque and disinfect your dentures


3



LEAVE YOUR DENTURES OUT AT NIGHT

Helps to relieve any soreness and prevent infection

4



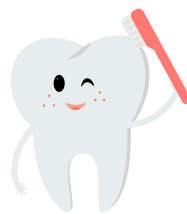
VISIT YOUR DENTIST REGULARLY

Ensures your mouth remains healthy

A simple daily routine for clean dentures that promotes well-being and general health



Care for
your teeth



Brush
your teeth



Love
your teeth

