

A Healthy Mouth at Any Age

A healthy mouth is important to your overall health. With a healthy mouth, you can enjoy your food, talk with friends, smile or even laugh at a joke, and live without pain or discomfort. **Dry mouth, tooth decay, gum disease and pain don't have to be a part of getting older.**

To have a healthy mouth

- ✓ Brush and floss every day. A staff person can help you with brushing and flossing
- ✓ Check your mouth for any signs of a mouth problem
- ✓ Tell a staff person if you notice any signs of a mouth problem
- ✓ Make sure your dentures fit well and feel comfortable
- ✓ Ask a staff person if you need any assistance in performing your daily oral care

Brushing

Brush 2 times every day. Brush once in the morning and once before bed.

Brush all of your teeth, gums and tongue. Don't forget about your teeth along the sides and in the back.

Brush in a circular motion. Be gentle.

Flossing

Floss every day. It's best to floss before bedtime.

Floss between each tooth. Use a gentle back and forth motion to bring the floss to the gum line.

Slide the floss up and down along the sides of each tooth. You can use a little pressure, but never force the floss.

Do you wear dentures or partial dentures?

It's important to clean your dentures every day before bedtime. Before you remove your dentures, place a folded towel in front of you to protect your dentures in case they fall.

1. Rinse your mouth with warm water.
2. Remove your dentures. Check them for cracks or sharp edges.
3. Clean your dentures using a denture brush and denture cleaner. Make sure to clean the grooves that fit against your gums.
4. Soak your dentures overnight. Always rinse your dentures before putting them back in your mouth.
5. If you wear partial dentures, continue brushing and flossing your teeth.

Signs of a mouth problem

- Loose tooth
- Broken tooth
- Sensitive teeth
- Red or swollen gums
- Tender or bleeding gums
- Pain
- Sores
- Unpleasant taste

