

# ORAL HYGIENE FOR LONG-TERM CARE RESIDENTS



This tip sheet helps long-term care staff improve oral health for their residents.

## 1

### GET YOUR TOOLKIT READY:

- ✓ Toothbrush
- ✓ Toothpaste
- ✓ Floss/flossing aid
- ✓ Gloves
- ✓ Mask



### GO SLOWLY AND CLEARLY EXPLAIN EACH STEP

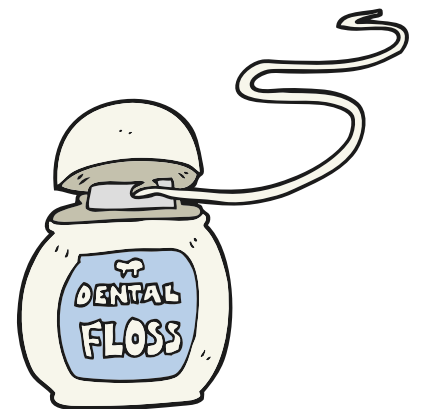
- ✓ Develop a routine
- ✓ Encourage residents to maintain their own oral hygiene as much as possible

## 2

## 3

### GENTLY BRUSH AND FLOSS

- ✓ Brush with the toothbrush half on the gums and half on the teeth
- ✓ Gently slide floss between each tooth and on the backside of the last tooth
- ✓ Clean a few teeth then allow the resident to rest



### CARE FOR DENTURES AND PARTIALS

- ✓ Clean gently and hold over a folded dry towel in case the denture falls
- ✓ Brush and rinse daily
- ✓ Use only ADA approved denture cleaning products
- ✓ Allow to soak overnight
- ✓ Always rinse before putting into mouth

## 4

### Health Education is Powerful Medicine

