

Improving a person's oral health



🦷 It's a team effort 🦷

Caring for the teeth, why?

Our teeth have such an important role to play in all our lives, they help us chew and digest food, help us with being able to talk and speak clearly and they also give our face its shape. Smiling can give us greater confidence. Caring for our mouth and having good oral health is important for us all.

Taking care of teeth helps prevent cavities and gum disease. Brushing and flossing properly can prevent plaque build-up, which is a clear film of bacteria that sticks to your teeth. After you eat, the bacteria break down sugar on your teeth into acids, these acids eat away the tooth enamel, causing cavities (holes) in the teeth.

Gum disease is mainly caused by poor oral hygiene and the build-up of dental plaque and food debris around the teeth.

Poor oral health can make day to day things more difficult and can affect the general health, confidence, and quality of life of the individual. It may also cause pain and discomfort, which some individual's may not be able to communicate.

Dental cavities and gum disease are both preventable!

People living in residential homes may be at greater risk of dental disease due to some of the following:

- Taking medicines that (some can cause a dry mouth or contain sugar)
- Gag/choking reflex
- Behavioural problems
- Food pouching or eating difficulties
- Drooling can cause skin irritation and mouth infections.
- Find it hard to accept dental treatment
- Find visiting the dentist very traumatic and stressful
- Sensory issues
- Limited mobility/dexterity
- Medical illness
- Ability to communication
- Ability to brush their own teeth

it is very important to try to prevent the need for complex dental treatment, which in some cases may need to be carried out under general anaesthetic.

Brushing someone's teeth



Before you start brushing you should:

- Read the person's individual oral health care plan, **they may be able to brush their own teeth but need a little encouragement and support.**
- Make sure the person is in a comfortable position.
- Ensure the person understands what you are going to do and is ok with each step of the brushing.
- You may be required to assist, if so, assists from behind, the side or the front depending on which is more comfortable for you both.

Scan the QR code to discover a video to help you brush someone's teeth.



1. Brush each of your tooth surfaces and do not forget the gum margin



2. Brush the inside surfaces of your lower teeth



3. Brush the inside surfaces of your upper teeth



4. Remember to brush the chewing surface of teeth



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You will need:

- Disposable gloves
- Person's toothbrush- one with medium/soft bristles and a small head
- Fluoride toothpaste- a pea sized amount smeared onto the brush, if person does not like toothpaste or has swallowing difficulties, please look at alternative options.
- A bowl or sink and a towel to protect clothing

Please remember:

Is there any specific toothpaste you should use?

No.

Providing you use a toothpaste with at least 1450ppm fluoride content the teeth will get the required protection. **A dentist may prescribe an individual a toothpaste containing a higher amount of fluoride to provide increased protection and prevention.**

Some people may find mint flavoured toothpaste too strong, and this can put the person off brushing their teeth. You may want to explore with different flavours of toothpaste. There is also unflavoured toothpaste available ('OraNurse' is the brand name).



Please contact your local dental care professionals for any further advice or information.



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Toothpaste contains **Sodium Lauryl Sulphate (SLS)**. This is the foaming agent within toothpaste. Some patients may not like a lot of foam from the toothpaste.

If a patient has swallowing difficulties or is nil by mouth a toothpaste which is SLS free will be better to

With so many options of toothbrushes out there, choosing the right one can be confusing. Here's a few things you should look for when choosing a toothbrush:

- Soft- bristled or medium-bristled brush – for removing plaque and debris from your teeth.
- Smaller headed toothbrush – to help reach harder to brush places
- Head shape – (rectangle/circular/tapered) – choose one that feels comfortable in the mouth
- Handle type - choose one which feels more comfortable to use, some people may require thicker handle to enable them to grip the toothbrush more easily.

Electric toothbrush?

Electric toothbrushes allow the user to let the toothbrush do the work for them, so long as they are moved around the mouth, along each surface of each tooth, effective tooth-brushing can be achieved, even with poor dexterity.





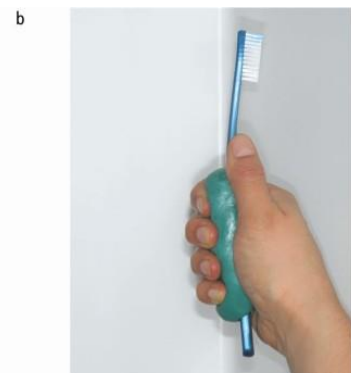
Brushing s



Finger guards or bite blocks can help a patient stay open for toothbrushing and protect your fingers when brushing someone else's teeth.



Toothbrushes can easily be adapted to make brushing teeth a little easier and more comfortable for some people.





Mouth-eze- can be used to remove excess toothpaste and saliva from patient that have a difficulty swallowing or are nil by mouth.

Top Diet Tips

- 🦷 **Avoid** eating sticky and sucky sweets as these stick to the tooth surface longer.
- 🦷 **Don't** snack on sweet/sugary foods or drinks in between meals to **reduce acid attacks**.
- 🦷 Each acid attack can last up to an hour after you have had any foods or drinks with sugar in
- 🦷 Look out for hidden sugars, they may be on the label as honey, corn syrup, fructose, glucose, and dextrose. they often end in – **ose**.
- 🦷 You should have **no more** than **4** acid attacks each day.

Smarter and Safer snacks ideas

Avoid or limit to mealtimes-

- Chocolate bars
- Chocolate or sweet cereal
- High sugar yoghurts/Split pots/chocolate yoghurts
- Sweet muffins
- Doughnuts

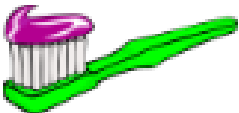

Safer snacks-

- Crumpet
- Scotch pancake
- Crackers with cream cheese
- Fresh whole fruit
- Veg sticks and hummus
- Breadsticks

Daily Oral Care

Patient name:

Month:

Day					Non compliance Code or notes	Initial
	Please tick		Please tick			
	AM	PM	AM	PM		
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