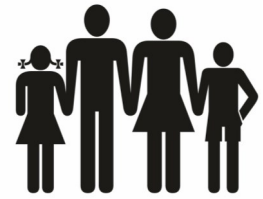


HEALTHY MOUTH ~ HEALTHY PERSON

INFORMATION FOR CARING FAMILIES



Daily mouth care removes bacteria & food to help prevent:

- Bad breath
- Bleeding, infected gums
- Painful tooth decay, abscesses & life-threatening infections
- Choking related to food pocketing
- Tooth loss, which can lead to malnutrition & weight loss
- Aspiration Pneumonia
- Problems controlling diabetes
- Risk of stroke or heart attack



Bacterial dental plaque:

- Grows every day on teeth, dentures, & mouth tissues, even if tube fed
- Must be removed from teeth, tissues, & dentures by brushing ~ 2 minutes, 2 times/day, especially before bedtime (foam toothettes & regular mouthwashes do not adequately remove plaque bacteria)
- Remove dentures at night or 4-6 hours/day; brush & disinfect daily
- Grows on tongues too contributing to bad breath—brush tongue daily!

Mouth care supplies

Everyone needs:

- To use water-based lip moisturizer (e.g. Nivea, KY Jelly, Biotene Oral Balance)
- To brush all mouth tissues
- To air-dry all brushes (don't store in water, closed packages, drawers, or closed cupboards)
- To have all supplies labelled



With Teeth

- Soft compact-head toothbrush (medium/hard bristles can damage gums & teeth)
- Toothpaste with fluoride; to prevent cavities (non-foaming toothpaste brands make it easier for all)

With Dentures

- 2-sided denture brush
- Soft toothbrush for mouth tissues
- Dish or hand soap to brush denture (toothpaste is abrasive and may cause damage)
- Disinfecting cleaner (Efferdent/Polident)
- Denture cup
- Clasp brush for partial dentures

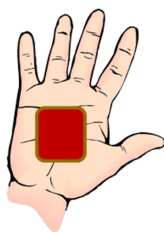
Other Options

- Cleaning between teeth ~ floss, floss holder, or proxbrush
- Collis Curve™ or Surround® 3-sided toothbrush
- Mouth prop ~ to help with opening
- Dry mouth products (e.g. gels, sprays or lozenges)

What can you do?

- Decide how much mouth care help is needed ~ is it just a reminder; some assistance; or is s/he totally dependent?
- Have mouthcare supplies on hand & replace regularly
- If cooperation is an issue, work with caregivers for creative ways to provide mouth-care
- Help out by adding tooth brushing during your regular visits
- Don't bring in cavity-causing candies & treats—try sugar-free options!
- Make appointments for regular professional dental care

***Infected gums throughout the mouth =
A wound the size of your palm!***



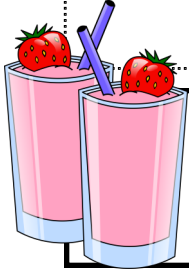
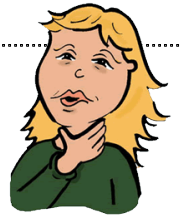
Daily mouth care is infection control!



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Promoting comfort & health for those with DRY MOUTH:

- Over 400 medications cause dry mouth!
- A dry mouth greatly increases the risk of tooth decay & mouth infections
- Thorough mouth care is critical, especially for those with exposed tooth roots
- Avoid caffeine, tobacco & alcohol—including mouthwashes containing alcohol
- Use non-foaming Biotene fluoride toothpaste—it's gentle & antibacterial
- **Moisturizing suggestions** ~ sip on water, suck ice chips, rinse with Canada Dry Club Soda, use sugar-free or xylitol candies & gum, use a humidifier, moisturize mouth tissue with water-based moisturizer (e.g, gels, sprays, lozenges)



Meal replacements (Boost & Ensure) are sticky & high in sugar

*To reduce risk for tooth decay:
drink through a straw, rinse with water, brush after*

Oral cancer:

- If caught early, 82% of those with oral cancer live more than 5 years. Often detected and diagnosed too late—early detection is critical!
- Risk increases with age, tobacco & alcohol use; prolonged exposure to sunlight
- Look in and around the mouth regularly for anything out of the ordinary
- The most common sites are the tongue, throat, floor of mouth, and lips
- Anything that looks serious or hasn't healed in 2 weeks should be referred to a dentist or physician

Signs of a dental problem:

- Red, bleeding, or swollen gums
- Bad breath or foul taste in mouth
- Discolored, broken or loose teeth
- Chipped, cracked or broken dentures
- Lumps, bumps, or color changes of any mouth, face or neck tissues
- Pain or trouble eating
- Change in mood or behavior

Be a dental partner!

Professional dental visits are important:

- For those with & without teeth!
- For oral disease prevention & treatment and early identification of oral cancer



Specialized dental care available at:

- University of Manitoba Deer Lodge Centre Dental Clinic:
2109 Portage, (204) 831-2157
- University of Manitoba Mobile Home Dental Care Program: (204) 831-3456



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