



## Mouth Care for Older People



### Mouth Care

- Having a clean healthy mouth helps you to speak, eat and smile
- Not brushing teeth, gums and dentures daily can lead to discomfort, pain and affect general health
- Carers can play a vital role in helping with mouth care

### Diet

- Eating too many sugary snacks and drinks between meals can cause tooth decay
- Try not to eat sugary snacks and drinks between meals
- Some people are advised to take food supplements or drinks. These may cause tooth decay

### Denture Care

- Rinse well before and after wearing dentures
- It is best to leave your dentures out at night, stored in a container of water
- Dentures must be kept clean to avoid mouth infections
- Brush dentures to remove any food and bacteria
- Try to rinse dentures after every meal



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**Brushing Teeth and Gums**

Brushing teeth and gums removes the sticky film of bacteria called plaque.

Not brushing can lead to bleeding gums and gum disease.

Continue to brush teeth even if the gums bleed. If the bleeding continues, please contact a dentist



- Brush at least twice a day, especially before bed time
- Use a pea sized amount of toothpaste
- **Spit out, but do no rinse after brushing**
- Brush teeth and gums with small circular motions
- Clean all sides of the teeth. Start from the outside, and clean all the teeth and then the inside. Finally, brush the chewing surfaces too
- Brush the tongue if you can
- If you are able to, clean between the teeth with interdental brushes or dental floss

**Visiting the Dentist**

Everyone, including those with dentures, should visit the dentist every 6 – 12 months

If you notice any problems or possible pain from your mouth, please contact your dentist or the Dental Helpline on 111



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