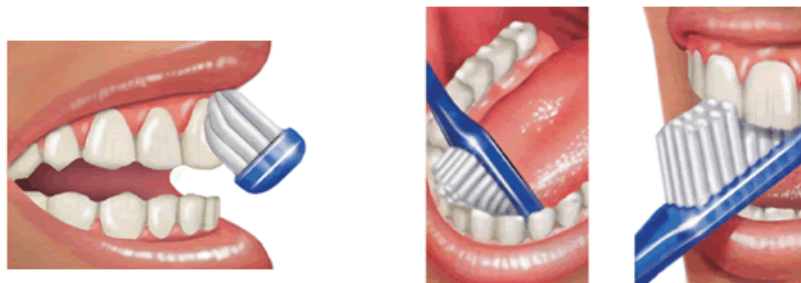


# ORAL CARE FOR SENIORS

## Brushing Natural Teeth



- Use a soft toothbrush and point the bristles toward the gums.
- Gently wiggle the toothbrush back and forth.
- Brush all sides of teeth -- front, back and chewing surfaces.
- Brush morning and before bedtime.
- Electric toothbrushes can make brushing easier.

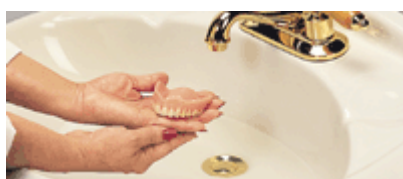
**\* Always wear gloves when brushing residents' teeth**

## Flossing



- Use an arms length of floss. Wrap around each of your middle fingers.
- Use your thumb and index finger to hold floss.
- Wrap floss around tooth in a "C" shape.
- Gently slide the floss up and down between tooth and gums. This removes the plaque.
- Use a new piece of floss each time you move between the teeth.
- A proxabrush will also help clean between the teeth.

## Cleaning Dentures



Dentures can break, so fill the sink with water or place a wash cloth at bottom of sink. Wear gloves when cleaning residents' dentures.



Rinse dentures with cool/warm water. Never use hot water.



Apply a denture cleaning paste to a moistened denture brush or a normal toothbrush. Never use bleach.



Brush all surfaces thoroughly.



Rinse well.



Soak dentures in water or a cleaner, such as Fixodent, overnight. Brush gums, palate and tongue with a soft-bristled normal toothbrush.