

## i Know . . .

- Losing teeth is not a natural part of getting older, still 50% of older adults have no teeth
- Those institutionalized or home bound have the poorest oral health of nearly any age group
- Tooth loss affects quality of life: chewing, food choices, weight, talking, pain, socializing
- Visit an oral health professional yearly as they are high risk for mouth sores, infection, cancer, pain
- Cleaning removes bacteria causing chest and mouth infections, prevents bad breath
- Dentures should be well fitted and comfortable to wear
- Dentures should be labelled
- Oral care is done twice a day for dentures, mouth, gums

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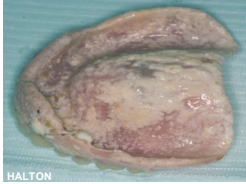
Smart Care for Personal Support Workers  
Caring for Older Adults

## Oral Hygiene-Denture Care

### i See ...

#### DENTURES

- **Type:** upper, lower, complete, partial
- **Materials:** resin, metal
- **Colour:** pink, stained
- **Teeth:** white, yellow, stained, broken, missing
- **Surfaces:** smooth, rough, shiny, stained, broken cracked, scratched, holes, build-up, worn-out areas
- **Food:** pieces of food



#### MOUTH

- **Lips:** pink, smooth, dry, cracked, sores, bleeding
- **Gums/Tongue:** pink, smooth, moist, dry, rough swollen, red, white spots, coating, bleeding, sores
- **Teeth:** intact, white, stained, broken, decaying
- **Pain:** no pain, verbal or physical pain

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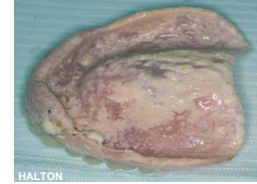
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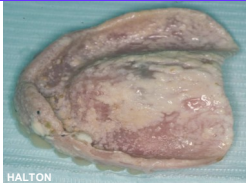
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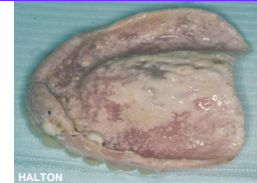
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## i Tell ...

### Reporting & Documenting

- Dentures that are in bad shape
- Refusal to remove dentures or have mouth cleaned
- Sores or infection in mouth
- Can't afford new dentures

### TIPS

- Bleach, scraping, VIM-type cleansers harm dentures
- Never use cleaning tablets for those with dementia (risk of swallowing them)
- Keep dentures out of the mouth for 3h to rest gums.
- **REMEMBER** to scrub the denture cup thoroughly once a week to prevent bacterial or fungal growth

### i Share ...

We'd like to hear from you !

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[dhm9@xplornet.com](mailto:dhm9@xplornet.com)



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## Oral Hygiene-Denture Care

### i Do ...

Plaque sticks to dentures just the same as it sticks to natural teeth. Soaking dentures overnight in a denture cup with a cleansing tablet is **NOT** enough.

- Review the oral care plan/routine
- Assemble supplies. Wear gloves.
- Apply water-based lubricant to lips
- Remove dentures. Assist, if they can't
- Place dentures in a denture cup
- In washroom, line sink with towel
- Fill with some cool water
- Rinse dentures with cool water
- Remove any food pieces
- Use a denture brush with denture paste
- Scrub all surfaces

### DON'T FORGET:

- Brush inside of mouth, any teeth, tongue with regular toothbrush
- Denture soaking solution: 1/2 cool water + 1/2 vinegar (acrylic/no metal)
- Before placing dentures in mouth, rinse dentures well, especially if cleansing tablet was used. Always insert upper denture first.



HALTON

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