Six of the best ways to maintain a healthy mouth

Use a soft toothbrush to brush your teeth and to clean your gums and tongue.

If you require help, a care giver may sometimes use an extra toothbrush, so that they can see inside your mouth.

Replace your toothbrush with a new one with the change of seasons (every three months).

If you wear dentures clean them by brushing with a denture brush using soap and water. Rinse well. Disinfect dentures once a week. Dentures should have your name on them.

Clean your mouth every morning and every night.

Keep your mouth moist by sipping water.
A lip moisturiser may be helpful

Try to reduce the amount of sugary drinks, juices and coffee you drink

Use only a pea-sized amount of fluoride toothpaste to protect your teeth

Spit - do not rinse after brushing so the fluoride can soak into your teeth.

If you wear dentures take your dentures out overnight to rest your gums. Soak your cleaned dentures in a container with cold water

Cut down on sugary foods and beverages, particularly between meals.

A healthy mouth will improve overall health and well-being

When your mouth is not clean, germs from the mouth may enter the airways and cause chest infections such as **pneumonia**.

The same blood that goes through infected gums also goes through the **rest of the body.**

This may cause infections far away from the mouth and may increase the risk of having a heart attack or even a **stroke**.

When oral health is poor, it can lead to:
- bad breath
- bleeding gums
- dental pain and infection
- inability to eat
- low self-esteem
- poor/impaired speech
- tooth decay
- change in behavior when pain or infection is present

Simple daily mouth care and regular checks will help protect you

Saskatchewan
Health Authority

Better Oral Health in LTC - *Best Practice Standards for Saskatchewan*

Good Oral Health is essential for Overall Health

(Adapted from Australia's Better Oral Health in Residential Care)