

# Oral Care – Natural Teeth

## Huddle Talk #3

### Did you know?

- Natural teeth should be brushed with fluoride toothpaste and a soft toothbrush in the morning and at bedtime.
- Brushing before bed is important as bacteria can grow in number by as much as 30 times overnight!
- Residents with natural teeth should be encouraged to drink water after meals, medications, other drinks and snacks to keep the mouth clean

### Supplies needed:

- Soft toothbrush
- Fluoride toothpaste

### Procedure:

- Place toothbrush at a 45 degree angle to the gum line
- Gently** brush front, back and chewing surfaces of the teeth and gums in a circular motion, paying particular attention to the gum line.
- If some teeth are missing, ensure that all surfaces of single teeth are cleaned.
- Encourage resident to spit and not rinse the mouth after brushing, so that the fluoride will promote the remineralization of tooth enamel in areas that have been decalcified by the plaque acids.

### Bleeding Gums

- Should be documented as may be a sign of a general health problem
- Usually caused by the buildup of dental plaque
- Continue to brush teeth (paying particular attention to the gum line) with a soft toothbrush twice daily. The bleeding should stop within a week.

