

Care of Dentures

- ◆ Ideally dentures need to be taken out at night unless the client wishes not to do so. This helps to rest the mouth.
- ◆ Each day clean dentures under lukewarm water using a soft toothbrush with soap or toothpaste.
- ◆ Half fill a basin with water so that the denture will not break if dropped.
- ◆ Leave dentures soaking in water overnight. Avoid using Steradent on a regular basis, eg. every night.
- ◆ To remove heavy stains and deposits, clean dentures in an ultrasonic cleaner about once a month.
- ◆ If several clients wear dentures it may be useful to have dentures marked with clients' names. The dentist will do this with a denture marking kit.
- ◆ It is important that clients who wear dentures visit the dentist at least once a year for an oral examination.

Changes in behaviour, eating, talking, smiling etc, maybe associated with teeth or mouth problems.



Relatives and friends may also observe changes, always follow up their comments

A healthy functional mouth contributes to the overall well-being of your client.

NHS Southern Derbyshire Community Dental Services
Community Oral Health Promotion.

ORAL HYGIENE

A Carers Guide



Cleaning someone else's teeth



- ◆ Always seek clients permission before attempting to help as some clients may not want you to help
- ◆ Agree a time when the client will be relaxed and you are not going to feel rushed.
- ◆ Make sure your client is comfortable and their head is supported while you do the brushing. Some may prefer to be seated in front of a washbasin or mirror, if this is not practical, have a bowl, mirror and towel handy.
- ◆ A good position is to stand behind the client, just to one side with their head resting on your abdomen. Position yourself where the client is most comfortable and at ease.
- ◆ Use gloves to protect both the client and yourself.

- ◆ A small medium/soft toothbrush is recommended.
- ◆ Place a smear of toothpaste onto the toothbrush. Pay particular attention to brushing around the necks of the teeth in small circular movements. Brush any loose teeth with great care.
- ◆ Rinse brush under running water during brushing as this will help to rinse debris and plaque away. Allow client to rinse/spit during brushing.



- ◆ Don't be anxious if the gums bleed. Bleeding gums are a sign of gum disease (gingivitis) where bacterial plaque has been left around the gums. This plaque irritates the gums causing inflammation and bleeding upon brushing. You will need to remove the plaque to reduce bleeding; so, if the gums bleed, **do not stop brushing.**

- ◆ Corsodyl gel and/or mouthwash can be used to help clients with gum problems.
- ◆ Electric toothbrushes may also be helpful especially if clients have difficulty holding objects.
- ◆ Toothbrush handles can also be adapted by inserting the handle into a foam cutlery holder or a soft foam tennis ball to achieve a better grip.



If a client is able to brush their own teeth, don't always assume they have the skills/ability to brush thoroughly. Extra help may be needed to remove the plaque.