

Key Points from Louise McCarthy, RDH

Check the mouth daily for potential unhealthy signs

- Have health history completed or updated at least
- Redness
- Sores
- Swelling
- Cracking in the teeth
- Discoloration not previously present

Maintain a good homecare regimen

- Do daily brushing – at least 2 times per day
- Use soft nylon bristle brush
- Use comfortable size and shape for the individual mouth
- Store toothbrushes dry and in air dry conditions
- Consider adaptive brushes

Use fluoride toothpaste or rinse

- Pea sized dab of toothpaste
- Likable flavor
- Avoid alcohol-based rinses

Diet

- Limit sugary foods
- Check labels for sugar content
- Check online sources for sugar and pH levels
- Find alternative rewards to avoid sugar intake (games, hugs, toys, activities)

Electric toothbrushes

- Start with a very inexpensive brush to ensure the individual will like and use it
- Ask the dentist for recommendation on best brush for the individual's mouth
- Check online for discounts
- Price club stores for multiple purchases
- Look for coupons (ex. Bed, Bath, and Beyond 20% off coupon)

Where to find supplies

- Most daily supplies are available in any local store or supermarket
- Check on-line sources such as Amazon for more specialized items
- Ask your dentist to provide samples and work with their suppliers for very specialized items

Create an individualized daily mouth care plan

- Check medications for potential oral side effects
- Find a comfortable space and time to complete oral care
- Do not interrupt favorite activities
- Incorporate mouth care with other personal hygiene activities
- Find time and place with no interruptions or distractions
- Communicate clearly, one instruction at a time

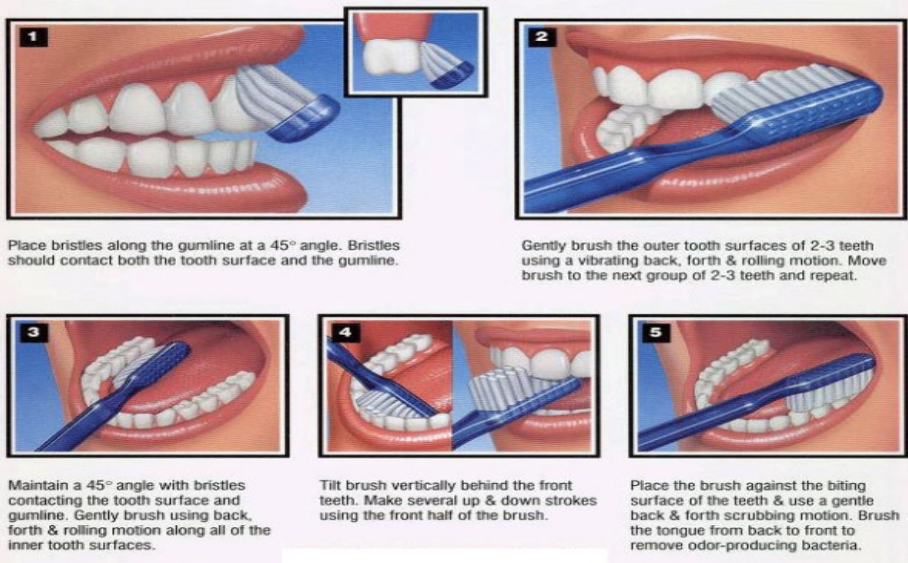
Regular dental check-ups

- At least once a year, preferably 2 times per year
- Complete all health history and insurance documents at least 2 weeks before the appointment
- Ask for a short meet and greet appointment if it is a new office or dentist, or if it has been a long time between visits
- Ask if they have a prepared video or book about their office you could use to help familiarize the individual with the office
- If they do not, ask if you can come in on a non-patient time and take pictures
- For children, find a fun book about going to the dentist

Other Resources

- Dental Care Every Day: A Caregiver's Guide - <https://www.nidcr.nih.gov/sites/default/files/2017-09/dental-care-every-day-caregiver.pdf>
- 10 Books to Read To Your Child About Going to the Dentist - <https://mypediatricdentalspecialists.com/read-10-books-child-visits-dentist/>

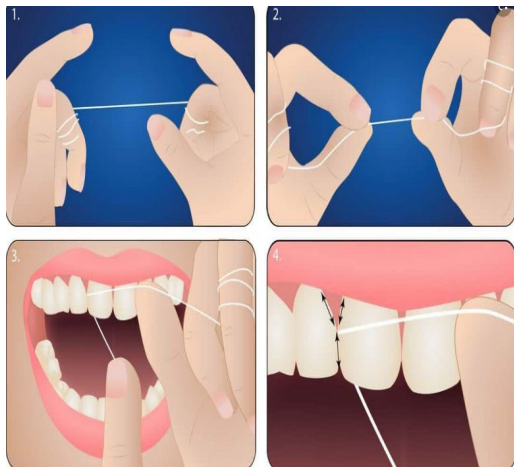
Brushing Technique



Flossing Technique

- Clean between the teeth – at least 1 time per day
- Use floss that is comfortable for the individual
- Consider floss adapters and aids
- Consider other inter-dental cleaners

4 Steps to Flossing



Other Options for Flossing

