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.

Oral Hygiene - Denture Care

**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

More information:

www.shrtn.on.ca  www.halton.ca  www.rgpc.ca

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Smart Care
The Pocket Docket
Smart Care for Personal Support Workers Caring for Older Adults
Oral Hygiene—Denture Care

**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

**We'd like to hear from you!**

**www.rgpc.ca**

**New topics?**

**Feedback?**

Phone 905.777.3837 x12436

Email: sagel@hhsc.ca or dhm9@xplornet.com

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