



A Plan For Senior Care's Guide To Oral Hygiene

Oral Hygiene is important for seniors as it influences their quality of life. Poor oral hygiene can cause your senior to have a low self-esteem, suffer from nutrition deficits and lead to certain diseases. Some medications can lead to dental problems such as low saliva and dry mouth. Use our guide to help your loved one have a healthy dental routine and protect against tooth decay, and dental and gum disease.



Daily Routine:

- Brushing- brush twice a day, use a toothbrush with soft bristles, use a pea size amount of toothpaste
- Flossing- floss once a day, floss between every tooth, curve the floss around each tooth and slip it under the gum, use a floss holder for easy flossing
- Rinses- ask your dentist if a fluoride or chlorhexidine rise would be beneficial for your loved one, choose a rinse that prevents dry mouth, do not swallow the rinse
- Drinking plenty of water to help with keeping the mouth moist

Be On The Lookout For Signs Of Dental Issues:

- Hard to or refusal to eat, in particular, hard or cold foods
- Unusual odors
- Behavioral changes, aggression, moaning, shouting, restlessness, not sleeping
- Withdrawal from activities or engagement

If Your Loved One Needs Assistance:

- Help your loved one with a daily oral routine by setting out their dental supplies
- Provide assistance as needed
- There are mobile dentists and hygienists that can come to your senior's home for a cleaning and dental care

Visit www.colgate.com/app/CP/US/EN/OC/Information/Articles/Oral-and-Dental-Health-at-Any-Age/Seniors/Senior-Maintenance-and-Care/article/Oral-Health-for-Seniors.cvsp for more information about senior oral hygiene.

If your loved one is struggling at home to care for her/himself and you would like to explore senior care and housing options, please give us a call today. We will be happy to create a personalized care plan for your loved one.