

## Denture Care



management

Rinse dentures after meals to prevent an aspiration risk for residents with swallowing difficulties.

Clean denture/s with a toothbrush and mild soap or denture creme and rinse well.

Denture/s should be removed at night and placed in a labelled pot of cold water. \*Ensure denture pot is rinsed and cleaned daily. IF denture cleaning solution is used read the instructions for soaking and store in a sluice room to avoid ingesting.



## Coated Tongue



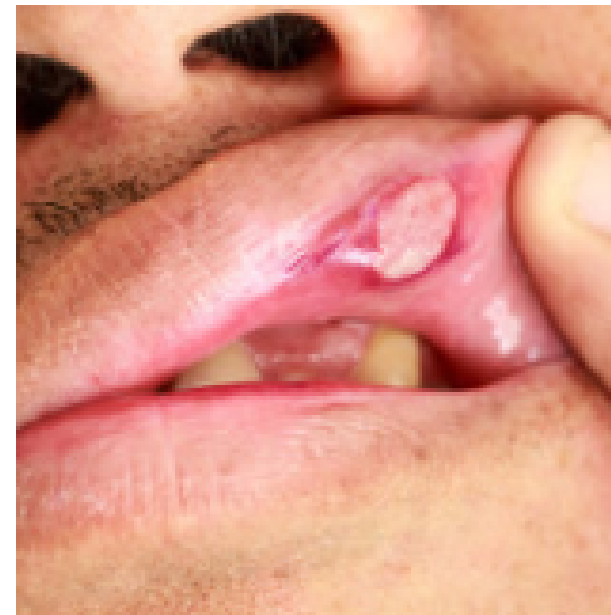
management

When the functions of the mouth are suppressed eg. when someone is tube fed or has depressed consciousness, the 'resting' saliva begins to dominate mixing with the residue in the mouth to form a sticky paste that adheres to the soft tissues of the mouth.

Teeth should be brushed 4 times daily to help eliminate saliva on the tongue. Brush the tongue with a soft toothbrush and mild non-foaming toothpaste.



## Ulcers & Sore Mouth



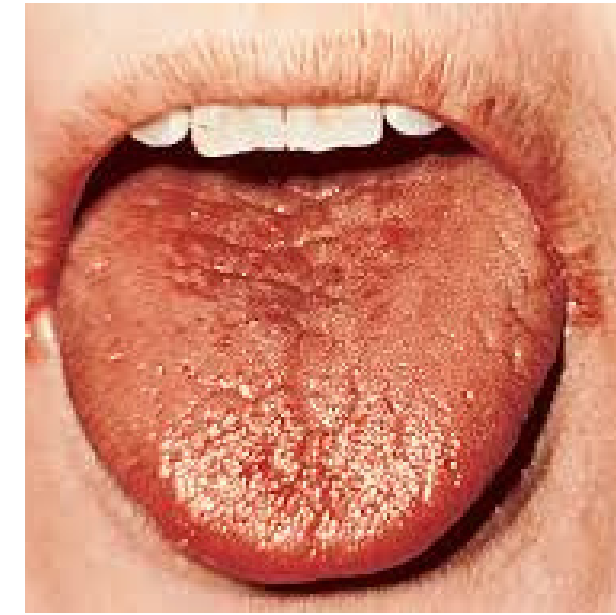
management

A common oral complaint is a sore mouth. Check the mouth using a torch pen. Ulcers may be caused by a sharp area (broken tooth) rubbing and can be particularly painful. Check for redness under denture/s

To help with pain relief spray the affected area with Difflam (anti-inflammatory & analgesic). Ensure that teeth and gums are kept clean by gently wiping with a gauze soaked in mouthwash. NB. Seek a dental professional



## Dry Mouth



management

Dry mouth is common among the elderly and often goes unrecognised. The most common cause is dehydration and medication

Ensure the teeth are brushed daily to maintain oral health and optimise hydration with regular intake of fluid. Using a small, soft-headed toothbrush apply Moisturising mouth gel to the gums, tongue and lips up to 4 times a day.



## MANDATORY ORAL HEALTH ASSESSMENTS

When should an oral assessment be carried out?

All new residents require an Oral Health Assessment regardless of how long their stay is. It should be completed as part of the admission process, or at least within a week of the person being admitted



**Service providers (care homes)** 'ensure that care staff are **trained** to understand mouth care needs and carry out the assessment, and that they are aware of signs of dental ill health, for example tooth decay, abscesses, dry mouth and gum disease.' NICE QS151

