



## Oral Care

**To provide oral care when your loved one has dentures**, you will need to first

- Remove their dentures and place them in a denture cup to prevent them from breaking. While you are cleaning the dentures, offer the patient mouthwash or water to rinse their mouth.
- Place a washcloth in the bottom of the sink just in case you drop the dentures.
- Rinse the dentures in cool water and apply toothpaste or a specific denture cleaner to a toothbrush.
- Brush all surfaces on the dentures and rinse them under cool water.
- If you are planning on using a denture solution, place the dentures in a clean denture cup with a cleansing solution or cool water.
- Cover the dentures and place them in a safe place in the bathroom to avoid damage.

**To provide oral care with a toothbrush**, you will first need to

- Elevate the head of the bed or have your loved one sit at the side of the bed if they are able.
- Rinse the toothbrush and apply a small, pea-sized amount of toothpaste.
- Clean the teeth and the tongue, using gentle motions.
- Hold an emesis basin, or have your loved one hold the basin, to the mouth while brushing teeth.
- Continue using the basin and assist your loved one with rinsing out their mouth with either water or mouthwash.
- Once oral care has completed, rinse the toothbrush and offer your loved one a towel to wipe their mouth. You may also assist them in wiping their mouth and face if needed.

**To provide oral care with a toothette**, you first will

- Dip the toothette in water or diluted mouthwash.
- Elevate the head of the bed.
- Gently cleanse the entire mouth, including the tongue and teeth if your loved one is able to tolerate it.
- Use as many toothettes as needed to clean their entire mouth.

**If your loved one is minimally or non-responsive**, you should

- Raise the bed to a comfortable height, ensuring that their head is elevated at least 30 degrees.
- Place a towel under their head and turn their head towards you.
- With one hand, help to keep your loved one's mouth open.
- With the other hand, clean the teeth, gums, and tongue with an oral swab, toothette, or toothbrush.
- Wipe any secretions away from their mouth.
- When finished, return your loved one to a comfortable position and wash your hands.

If you have any questions or concerns, please feel free to call the 24-hour number, 877-506-0149.