



Tips and Tricks for Oral Care

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Oral cares should be completed as recommended by healthcare providers.

Where possible, independent oral cares should be encouraged. However, if an individual is unable to attend to their own oral cares, they will require to be assisted.

It is important to use open communication when completing oral cares. Approach the individual diagonally from the front at eye level, whilst maintaining appropriate eye contact and a friendly demeanour.



- If you need to, gain the person's attention by touching their lower arm or hand.
- Allow the person time to respond, and observe their response before going ahead with the oralcares.
- Make sure the environment is familiar to the individual, and that there are minimal distractions (for example, turn the TV off).
- Develop a regular routine each day therefore the individual knows what to expect.

