



Oral Cares for Older People

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It is important to encourage independence with oral cares as much as possible. Before completing oral cares, it is essential to wash your hands and wear gloves to ensure the safety of yourself and the other individual.

Current Australian recommendations suggest to brush teeth twice a day, in the morning and night. It is beneficial to use a soft toothbrush and fluoride toothpaste.

After brushing, ensure the individual spits out the toothpaste but does not rinse their mouth to allow a layer of fluoride from the toothpaste to protect teeth.



Remember

- Brush teeth twice a day
- Use a soft toothbrush
- Use fluoride toothpaste
- After brushing, spit out the toothpaste and do not rinse. This leaves a layer of fluoride from the toothpaste to protect the teeth.

