Good oral health and healthy ageing

Government of South Australia
SA Health

Building Better Oral Health Communities

Good oral health begins at home

Having good oral health is important to be able to eat, talk comfortably, smile, feel happy with the way you look and be free of dental pain.

As you age your mouth is more susceptible to oral infections. These affect your overall health especially if you have other problems such as diabetes. Some of your medications may cause dry mouth.

Improving your oral health is easy and it begins at home.

Care of natural teeth

- Brush your teeth, gums and tongue twice a day.
- Use a soft toothbrush.
- Use a pea-sized amount of fluoride toothpaste.
- Spit but don't rinse after brushing.
- Replace your toothbrush every 3 months.

Care of dentures

- Brush your dentures twice a day.
- Use a denture brush with mild liquid soap or a denture paste to clean, then rinse well.
- Use a soft toothbrush to clean your gums and tongue.
- At night time put your cleaned dentures in a container of fresh water.
- Use a denture soaking tablet to disinfect your dentures.

Relief of dry mouth

- Keep your mouth moist by sipping plain tap water.
- Limit sugary food or drinks, juice, tea, coffee and alcohol.
- Avoid foods that are dry or salty or spicy.
- A water-based lip moisturiser may help.
- Ask your dentist or pharmacist about dry mouth products.

Tooth friendly eating

- Enjoy tooth friendly foods such as vegetables, fruit, plain milk, yoghurt and cheese.
- Drink plain tap water to clean your mouth after meals, snacks, other drinks and medications.
- Limit snacking.

See a dental professional

See a dentist if your answer is 'yes' to any of these six questions about your teeth, mouth or dentures:

- Do you have any of your own natural teeth?
- Have you had pain in your mouth while chewing?
- Have you lost any fillings or do you need a dental visit for any other reason?
- Have you avoided laughing or smiling?
- Have you had to interrupt meals?
- Have you had difficulty relaxing ?

Quit smoking

- Think about quitting if you smoke.
- Talk to your doctor or pharmacist.
- Call the QUITLINE on 13 7848 or visit www.quitnow.info.au

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Disclaimer

While every effort was made to ensure the information was accurate and up to date at the time of production, some information may become superseded as future research and new oral hygiene products are developed. In addition, the information in this resource is not intended as a substitute for a health professional's advice in relation to any oral health issues of concern.

For more information

SA Dental Service
GPO Box 864
Adelaide SA 5001

+61 8 8222 8222
sadental@health.sa.gov.au

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