



Good oral health & healthy ageing

A simple guide for practicing good oral health care at home



Government
of South Australia

For more information

SA Dental

GPO Box 864

Adelaide SA 5001

Telephone: 1300 008 222

www.dental.sa.gov.au



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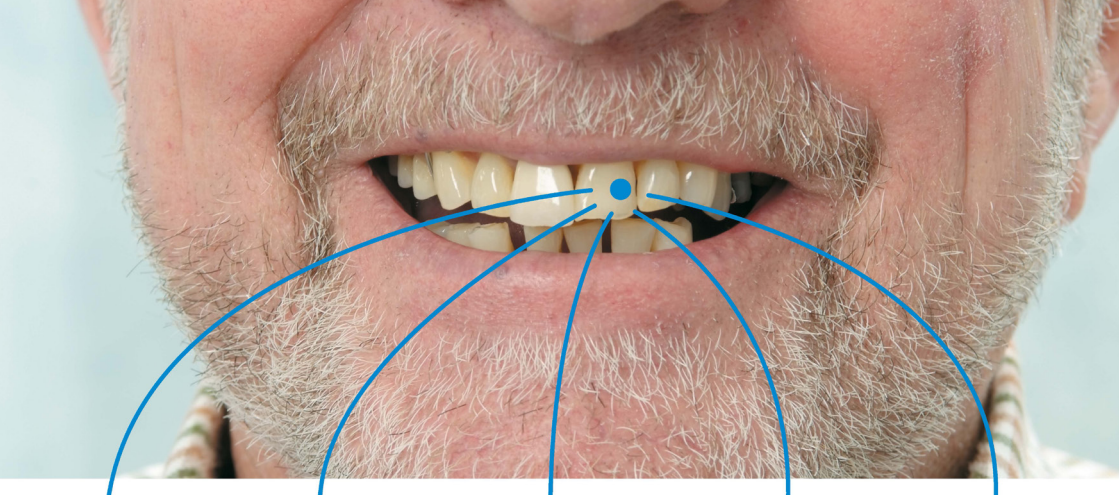
Good oral health is essential to
general health and wellbeing
at every stage of life.



It takes a team approach

It takes a co-ordinated team approach to share the responsibility of maintaining good oral health.

This begins at home with you and your family, as well as carers and health professionals who work with you to maintain your oral health and general health.



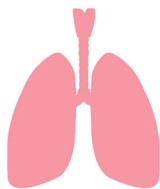
Reduce risk of
Stroke

Help prevent
Heart Disease

Avoid
Pneumonia

Prevent
Tooth Decay

Reduce
**Gum Disease
& Bad Breath**



Oral health impacts general health

When the defence barrier is broken down because of poor oral health, bacteria from dental plaque in the mouth can enter the airways and bloodstream and affect other parts of the body.

This can increase the risk of other health problems, such as:

- Aspiration pneumonia
- Cardiovascular disease
- Diabetes
- Stroke
- Dysphagia (having difficulty swallowing).



A healthy mouth is important to your general health and wellbeing

Good oral health can be achieved by maintaining a simple oral health care routine at home, which includes:

- Care of natural teeth
- Care of dentures
- Relief of dry mouth
- Tooth friendly diet
- Regular dental visits
- Quit smoking.

Care of natural teeth



Use a soft toothbrush with a pea-sized amount of fluoride toothpaste.



Brush your teeth, gums and tongue morning and night.



Brush where the tooth meets the gum.



Brush the inside, biting side and outside of teeth.



Spit, but don't rinse after brushing.



Rinse toothbrush, tap dry and store uncovered. Replace toothbrush 3 monthly.

Care of dentures



Brush dentures twice daily with a mild liquid soap or a denture paste. Rinse well.



Use a denture brush to clean. Cradle lower denture.



Support upper denture.



Be gentle with clasps.



Dentures are to be stored dry overnight. Use a denture soaking tablet to disinfect regularly.



Rinse, tap dry and store brush uncovered.



Relief of dry mouth

- Drink or sip tap water regularly to keep your mouth moist.
- Limit sugary/acidic foods and drinks, such as juice, tea, coffee, and alcohol.
- Rinse your mouth with water after sugary/acidic food and drinks.
- Avoid dry, spicy and salty foods.
- Dry mouth products can provide relief. Ask your dental professional or pharmacist for advice.
- Chew sugar-free gum.
- Some medications can cause dry mouth. Ask your pharmacist for advice.



Tooth friendly diet

- Choose healthy food like fruit, vegetables, cheese, yoghurt and plain milk.
- Drink fluoridated tap water.
- Rinse your mouth with water after eating to limit acid attack on teeth.
- Avoid sugary/acidic food and drinks.
- Limit snacking between meals.



Regular dental visits

Visit a dental professional if you answer “yes” to any of the questions from 2-6.

1. Do you have any of your own natural teeth?
2. Have you had pain in your mouth while chewing?
3. Have you lost any fillings, or do you need a dental visit for any other reason?

Due to problems with your teeth, mouth or dentures:

4. Have you avoided laughing or smiling?
5. Have you had to interrupt meals?
6. Have you had difficulty relaxing?



Quit smoking

Smoking affects your whole body, including your mouth.

If you are a smoker, you may suffer from:

- Gum disease
- Bad breath
- Stained teeth/dentures/white fillings
- Dry mouth
- Reduced taste.

Smoking also increases the risk of oral cancer.

If you are a smoker and thinking about quitting, call the Quitline on 13 7848, or visit: www.health.gov.au/contacts/quitline



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