

This resource was developed by the Better Oral Health in Residential Care Project which was funded by the Australian Government Department of Social Services (previously Department of Health and Ageing) under the Encouraging Better Practice in Aged Care (EBPAC) Initiative (2008-2009).

#### 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was made to ensure the information was accurate and up to date at the time of production, some information may become superseded as future research and new oral hygiene products are developed.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



[www.ausgoal.gov.au/creative-commons](http://www.ausgoal.gov.au/creative-commons)  
Public-11-A1

# Good oral health is essential for healthy ageing



Government of South Australia  
SA Health



Better Oral Health  
in Residential Care

# A healthy mouth will improve overall health and well-being

Simple daily mouth care and regular checks will help protect you.

When your mouth is not clean, germs from the mouth may enter the airways and cause chest infections such as pneumonia.

The same blood that goes through infected gums also goes through the rest of the body. This may cause infections far away from the mouth and may increase the risk of having a heart attack, or even a stroke.

Weight loss from not being able to eat properly also weakens the body's ability to cope with infections and other illnesses.

# Six of the best ways to maintain a healthy mouth



Clean your mouth every morning and every night.



Use only a pea-sized amount of high fluoride toothpaste to protect your teeth.

Spit but do not rinse after brushing so the fluoride can soak into your teeth.



Use a soft toothbrush to brush your teeth and to clean your gums and tongue.

If you require help, a carer may sometimes use an extra toothbrush, which is bent, so that they can see inside your mouth.

Replace your toothbrush with a new one with the change of seasons (every three months).

If you wear dentures, clean them by brushing with a denture brush using soap and water. Rinse well. Disinfect dentures once a week. Dentures should have your name on them.

---



Protect your gums by applying a small amount of antibacterial gel daily.

If you wear dentures, take your dentures out overnight to rest your gums. Soak your cleaned dentures in a container of cold water.



Keep your mouth moist by sipping water. A lip moisturiser may be helpful.

Try to reduce the amount of sugary drinks, juices, tea and coffee you drink.

---



Cut down on sugar by using sugar substitutes for sweetening drinks, particularly between meals.

Look for the 'happy tooth' symbol on lollies and treats.