

# Natural teeth

## Reminder card 1

### Brushing teeth: twice a day

1. Brush their teeth with a soft toothbrush and 5000 ppm fluoridated toothpaste (pea-sized amount)



Place the head of the toothbrush at a 45° angle to their gums and brush in a circular motion

2. Ask the resident to spit out the excess toothpaste (if possible); do not have them rinse their mouth after brushing



3. Brush their tongue (from back to front) and mucous membrane



4. Ask the resident not to eat or drink for 30 minutes after brushing

5. Rinse the toothbrush with water and let it dry



## REQUIRED MATERIALS

**Soft toothbrush, 5000 ppm fluoridated toothpaste, gloves, emesis basin**

### ADDITIONAL INFORMATION:

1. Inform the nurse of any changes in the resident's behaviour or oral health
2. Have the resident spit into an emesis basin as needed
3. Avoid giving the resident sugary foods or drinks between meals



**Replace the toothbrush  
every 3 months:**

DATE

DATE

DATE

DATE

DATE

COMMENTS:

Adapted from material developed by  
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