

# Natural teeth + dentures

## Reminder card 2

### Brushing teeth: twice a day

1. Help the resident remove their dentures

2. 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



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



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



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

6. Rinse the toothbrush with water and let it dry



### Brushing dentures: once a day

1. Place a washcloth in the sink or partially fill the sink with water

2. Brush their dentures with a denture brush and denture cleansers



3. Rinse the dentures and denture brush thoroughly with water



4. Remove the dentures for the night

5. Place the dentures in a container filled with warm water overnight



6. Rinse the denture container with water once a day

7. Clean the denture container with denture cleansers once a week

## REQUIRED MATERIALS

**Soft toothbrush, 5000 ppm fluoridated toothpaste, denture brush, denture cleansers, denture container, washcloth, gloves, emesis basin**

### ADDITIONAL INFORMATION:

1. Inform the nurse of any changes in the resident's behaviour or oral health as well as any problems related to their dentures
2. Rinse the dentures with water after each meal
3. Have the resident spit into an emesis basin as needed
4. Avoid giving the resident sugary foods or drinks between meals

**Replace the toothbrush every 3 months:**

<input type="text"/>				
DATE	DATE	DATE	DATE	DATE

COMMENTS:

Adapted from material developed by  
Dr. Christian Caron, CESBV, FMD, ULaval, 2018