

## ☐ End of Life Care



### Brushing Teeth: Twice a Day

1. Help the person remove their dentures, if they wear them
2. Brush with a soft toothbrush:
  - If natural teeth are present: Use a toothpaste without foaming agents<sup>1</sup>
  - If no natural teeth are present: Dip the brush in an alcohol-free antiseptic mouthwash<sup>2</sup>
3. **If you have implant-supported dentures (fixed or removable):**  
Clean the spaces between the implant abutments with an interdental brush
4. Rinse the dentures thoroughly with water
5. Rinse the toothbrush with water and leave it to dry upright



### Mucous Membrane Care: Twice a Day

1. When brushing, continue on the mucous membranes with a soft toothbrush

#### As Desired:

1. Moisturize the mucous membranes using a soft toothbrush dipped in:
  - a solution of sodium bicarbonate\*OR
  - an alcohol-free antiseptic mouthwash<sup>2</sup>
2. Moisturize lips:
  - with a moisturizer cream
  - or water-based lip balm



### Cleaning of Dentures: Once a Day

1. Place a washcloth in the sink or partially fill the sink with water
2. Brush the dentures with a denture brush and denture cleanser
3. Rinse the dentures and denture brush thoroughly with water
4. Remove the dentures for the night, if desired
5. Place dentures in a container filled with warm water overnight
6. Rinse the denture container with water once a day

Clean the denture container with mild soap once a week

## REQUIRED MATERIALS

**Soft toothbrush (small size if available), non-foaming toothpaste<sup>1</sup>, sodium bicarbonate solution or alcohol-free antiseptic mouthwash, washcloth, gloves, kidney basin, cotton gauze**

**If applicable: interdental brush, denture container, denture brush, denture cleanser**

### ☐ AGONY (LAST HOURS TO LAST DAYS OF LIFE)

## Care of Accessible Mucous Membranes: Every 2 hours, During Mobilizations

1. Moisturize mucous membranes with gauze wrapped around a finger or a soft toothbrush

Alternate with:

- water or sodium bicarbonate solution\*
- moisturizing mouthwash, if available

The sponge stick (toothette) should be used with caution.

If the person tends to bite, the sponge may detach and cause choking.

2. Moisturize lips:
  - with a moisturizer cream or water-based lip balm



## Brush Teeth: Twice a Day

1. Brush with a soft toothbrush or cotton gauze wrapped around a finger dipped in:
  - water or sodium bicarbonate solution\*



The use of toothpaste is contraindicated



## Cleaning of Dentures and Implants: Once a Day

1. Remove dentures or leave them in place, according to the person's wishes

### \* Recipe for sodium bicarbonate solution

- 5 ml salt
- 5 ml baking soda
- 500 ml water

or

- 5 ml of sodium bicarbonate
- 500 ml of 0.9% saline solution

<sup>1</sup> No foaming agents means no sodium lauryl sulfate in the ingredients

<sup>2</sup> Use an antiseptic mouthwash without alcohol or foaming agents, if available

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