#### DAILY ORAL HYGIENE

## **End of Life Care**



Votre

aouvernement

#### 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

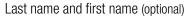


## Mucous Membrane Care: Twice a Day

**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



### **Reminder card 7**



### 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

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### **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

 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

Use an antiseptic mouthwash without alcohol or foaming agents, if available

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