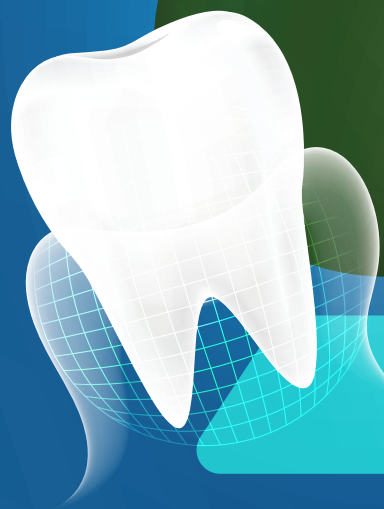


وزارة الصحة العامة
Ministry of Public Health
دولة قطر • State of Qatar



GENERAL GUIDELINES FOR ORAL & DENTAL HEALTH CARE FOR THE ELDERLY



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With age, the importance of maintaining senior citizens' oral health increases. However, it could be challenging for some who find it difficult to stand on the wash basin or brush their own teeth.

Important points that must be taken into consideration while taking care of the elderly's oral hygiene: -



- It is important to remove the denture after each meal and rinse it thoroughly.
- Remove the denture before the oral hygiene procedure.
- Provide good lighting in the washroom.
- A suitable seat should be used over the wash basin when it is difficult to stand.
- Use fluoridated toothpaste when brushing patient's teeth.
- Dental floss or any other suitable interdental cleaning aid (flossette, dental tape, super floss, interdental brushes, wooden interdental cleaner, irrigation devices) should be used to clean the interproximal areas (between the teeth).
- While using dental floss, the patient should be sitting in an upright position.
- Use a tongue scraper once or twice a day.
- Provide the patient with a modified toothbrush that has a larger and stronger handle, to assist.
- Use alcohol-free mouthwashes when needed.
- Increase the fluid intake to avoid dry mouth.
- If dry mouth is becoming a chronic condition, doctor consultation is recommended.

Oral hygiene procedures for bedridden patients: -



- The patient must be in an upright position to prevent any backflow of fluids.
- An electric toothbrush is recommended for senior citizens who can brush their teeth by themselves.
- If it is difficult for the patient to brush by himself or herself, a relative or a health care provider can help by using a soft toothbrush to avoid any possible injuries.
- The health care providers must provide the patients' relatives with specific oral hygiene instructions so as to reach and maintain a healthy oral cavity for the patient.
- Washing hands with soap or wearing gloves is important during the dental care procedure.
- The service providers should hold the brush with one hand and support the patient's head with the other hand, and at the same time, the head and lower jaw should be held by the arm.
- If needed, the thumb can be placed between the lower gum and lip, while keeping the mouth open carefully by pressing the lower lip down gently. The mouth can be kept open by providing support from a small rolled towel or an adjustable bite block.
- Use a pea-sized amount of fluoridated toothpaste to brush with.
- Move the brush in a circular motion from the bottom to the top making sure to gently clean around the gum line and making sure all the surfaces of the teeth have been cleaned thoroughly.
- Ensure that the patient rinses with water multiple times during the procedure.
- If necessary, the care providers should take short breaks during the cleaning procedures.

