

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



ORAL HEALTH CARE FOR OLDER ADULTS



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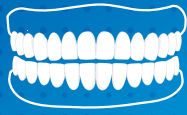


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Important steps to consider while taking care of the oral hygiene of elderly individuals:



Remove dentures, if present, after each meal and rinse them thoroughly



Provide good lighting in the bathroom



Use a suitable seat over the wash basin if standing is difficult



Use fluoridated toothpaste to brush natural teeth in mouth



Use a tongue scraper once or twice a day to clean the tongue



Use a modified toothbrush with a larger and stronger handle for assistance



Use alcohol-free mouthwashes, as needed, if prescribed by the dentist



Use dental floss or other interdental cleaning aids (such as flossettes, dental tape, super floss, interdental brush, and irrigation devices) to clean the interproximal areas (between the teeth)



Increase fluid intake to avoid dry mouth



If dry mouth becomes a chronic condition, consult a doctor

Oral hygiene procedures for bedridden patients:



A relative or healthcare provider can assist during the oral hygiene procedure



To prepare for brushing the teeth, position the patient in an upright position to prevent any backflow of fluids



Use a pea-sized amount of fluoridated toothpaste



An electric toothbrush can be used by going around all the teeth present



If using a manual soft toothbrush, move the brush in a circular motion from the bottom to the top, making sure to gently clean around the gum line



Rinse with water multiple times during the procedure