

ORAL CARE FOR ADULTS IN CARE HOMES

Oral hygiene is important for all residents whether they have natural teeth or dentures. NICE Guidance has been produced (July 2016) which aims to maintain and improve their oral health and ensure timely access to dental treatment.

Residents with natural teeth

- Teeth should be brushed **TWICE** a day i.e. morning & night. When cleaning a mouth with natural teeth of a frail resident- care staff should help the resident to brush their teeth with fluoride toothpaste.
- Glycerine and cotton buds can be used for those residents with dry or cracked lips
- Always check the mouth for any food debris when tooth brushing.
- Always check for any wounds or abnormalities in the mouth.
- Use residents choice of toothbrush, either manual or electric/battery powered were possible.



Watch for a dry mouth.....

- Some medications or a chronic condition can increase a risk of a dry mouth.
- A dry mouth can affect the fitting of dentures which can lead to sore gums.
- Advice should be sort from a dentist.

Assess the mouth care needs of all residents as soon as they start living in a care home, regardless of the length or purpose of their stay (**NICE guidance**).

Always review and update residents' mouth care needs in their personal care plans as their mouth care needs change .

Care staff should wash their hands before and after providing oral care to residents. Gloves should be worn during oral care procedures.

All residents should have access to a Dentist for regular check ups and if experiencing any toothache/pain/ discomfort in the mouth. Make an appointment for the resident to see a Dentist, if necessary.

Cleaning dentures

- Dentures (full & partial) should be cleaned of a night using a toothbrush & detergent. Use residents choice of cleaning products if possible.
- Once rinsed, dentures should be soaked in a glass of water overnight.
- Denture's labelled? Staff should know how to arrange for marking if permission is allowed (**NICE guidance**)



If a resident has deep wrinkles formed in the mouth corners and around the chin this can trap & hold saliva. Care staff should clean these folds with a wet towel or wet cotton buds to prevent inflammation.

The infection control team can be contacted if you require any additional advice/support on 01744 457 314.