



SENIOR
smile

Namita K. Thapar-Dua, DDS
Providing Mobile Dental Care
Serving Maryland, DC & Virginia
301.875.7477

ORAL HYGIENE TIPS

- Patients should have their teeth brushed after every meal, therefore 2-3 times a day. If not possible, then rinse with water after each meal. If patient is having difficulties utilizing a brush, use hospital supply lollipop sponges, they are good and can help the patients teeth when the brush is difficult to use. You can dip the lollipop sponge into a cup of mouthwash or even warm saltwater, if the gums look sore.
- Patients should always use a soft-bristled toothbrush, small or medium sized, with a pea-size of toothpaste. Electric toothbrushes are recommended especially if dexterity is a problem.
- The correct brushing technique used is called the “Bass Technique”. It involves a 45-degree angle brushing in a soft circular motion. You brush from front upper right side across to the front upper left side, drop down and work your way from the front lower left side all across to the front lower right side. Continue this on the backside of your teeth in the same pattern. Make sure to get the gingival margin. The area that most collects most tartar is behind the lower anterior teeth, use a sweeping out motion in this area.
- If flossing can be conducted, it should be done after every meal to prevent cavities from forming in between the teeth.
- Remind the patients to always brush their tongue and hard palate. Bacteria lives on smooth surfaces. The tongue has tiny hairs and fissures that also like to inhabit bacteria. This will also help prevent halitosis. (bad breath)



SENIOR
smile

Namita K. Thapar-Dua, DDS
Providing Mobile Dental Care
Serving Maryland, DC & Virginia
301.875.7477

- Some patients are prescribed a home Fluoride for daily use. This helps with sensitivity and prevention of root caries (cavities). Within the geriatric population, this condition is rampant due to medical histories, medications and allergies.
- Mouthwashes are okay as long as the patient does not swallow the mouthwash. Also, if patients have open sores, or tender gums, mouthwash should not be used because it will sting due to the minimal alcohol content. If ulcers are present, then the best thing to do is use warm saltwater rinses.
- If patients wear dentures (partials or complete), they need to be removed at night and soaked in a cup filled with water. Denture cleaning tablets may be used to help clean the denture at night. The mouth needs to be rinsed after removing dentures, so the mouth is free of food before going to bed. In the morning, dentures are to be rinsed and then inserted. Dentures need to be rinsed after every meal during the day. If adhesive is used, then make sure all the glue is removed and cleaned off the denture before bed. To please a new adhesive, place 5 spots for the upper and 4 spots for the lower. (GIVE DEMO)
- If patient complains of soreness in the mouth, they may have an ulcer caused by the denture. You can use warm saltwater to help heal until the dentist can evaluate the patient and make adjustments to the denture.
- If anything in the mouth looks abnormal, then call a dentist immediately for consultation. However, make sure you get an approval by the (POA) Power of Attorney first. Also have the Medical History, List of Medications and Allergies to give to the dentist.

PLEASE NOTE: IF YOU BELIEVE THE PATIENT IS HAVING AN EMERGENCY, PLEASE CALL 911 or GO TO THE NEAREST HOSPITAL.