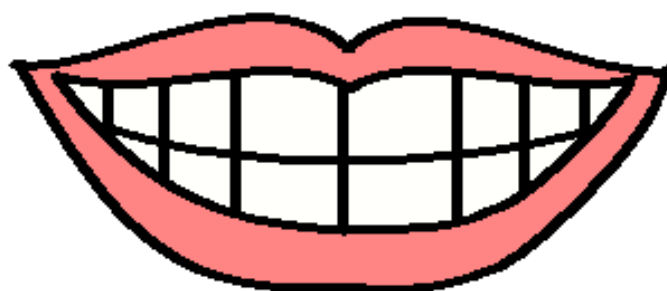


What you need to do to keep your mouth healthy





Visit your dentist to keep your mouth healthy.

Your dentist will tell you how often they need to see you.



Brush your teeth, mouth and gums 2 times a day.

You can do it more if you want to.



Make sure there are no bits of food left in your mouth after eating.

You can use a brush with no toothpaste.



If you have a feeding tube called a PEG you should clean your mouth every 4 hours during the day.

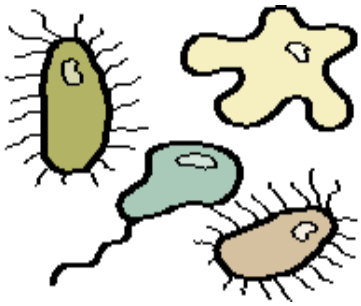


If you have dentures they should be cleaned with soap and water rinsed and kept in a dry **in a** pot over night. Do not put dentures in tissue.



If you have no teeth it is still important to clean your mouth.

Why do I need to clean my teeth?



Lots of germs can collect in the mouth.



Germs in your mouth can make you poorly.

You could get a chest infection.

What you need to do...



Use a pea sized blob of toothpaste.

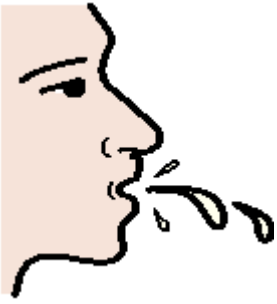


Use a fluoride toothpaste.

Fluoride helps to keep your mouth healthy .



Make sure you brush your tongue.



After brushing spit your toothpaste into the sink.



Do not rinse your mouth with water after brushing.

This helps the fluoride to stay on your teeth.



If you cannot spit your carer will help to wipe your mouth.



Top Tip
Using a paper straw
can help to protect
your teeth.



Biotene is a low foaming toothpaste.



Sensodyne is a low foaming toothpaste.



Oralieve toothpaste is good if you don't like mint.

To Find Your Local NHS Dentist:

Visit NHS Choices website at

www.nhs.uk/dentists

Or call your local Healthwatch

On 0300 002 0010

Need URGENT dental care?

Calls are FREE from landlines and mobile phones



**when it's less
urgent than 999**