

# INSTRUCTIONS FOR THE USER

## Dental Care Guide

Good oral hygiene is designed to keep the mouth clean and humid. It includes brushing the teeth, using dental floss, maintaining and storing dental prostheses, rinsing the mouth and hydration.

### Dental care

- Using a toothbrush with soft bristles or an electric brush, brush the teeth and tongue of the person after each meal as well as when getting up in the morning and going to bed at night.
- Using a moist facecloth or a moist compress is a good choice if cleaning with the brush is difficult.
- Ideally, dental prostheses should be removed during the night, cleaned and placed in water to soak. A cleanser should be added at least once a week.
- Using an alcohol-free mouthwash is preferred. (e.g.: Crest, Pro-santé, Oral-B).
- The mouthwashes suggested can be used 3 or 4 times a day.

### If the mouth is dry (xerostomia)

- Increase hydration.
- Offer sparkling drinks.
- Take small quantities of fluids often.
- Suck popsicles or ice.
- Bite into fresh fruit.
- Chew gum, eat sugar-free candies.
- Drink smoothies.
- Spray the mouth with water using a vaporizer bottle.
- Lubricate the lips.
- Use artificial saliva.
- Humidify the room.
- Avoid foods that are spicy, dry, very sweet or acidic.
- Reduce coffee and alcohol intake.

### **If the lips are dry or chapped**

- Use a home-made salve: the content of one capsule of vitamin E mixed with Glaxal base.
- Use a commercial lubricant for the lips (avoid Vaseline if the person uses oxygen)

### **If there are crusts or deposits on the tongue**

- Dilute 5 ml of peroxide in 15 ml of alcohol-free mouthwash. Prepare the mixture just before using. Use this mixture for no more than 2 or 3 days.

Or

- Dilute 7.5 ml of alcohol-free mouthwash in 2.5 ml of mineral water. Prepare the mixture just before using.

Or

- Dilute 5 ml of sodium bicarbonate and 5 ml of salt in 2 cups of water. This solution will remain stable for one week in the refrigerator.

Allow the solution to act for a few moments and remove the crusts using a toothbrush, a moist facecloth, moist compress or a tongue cleaner.

### **If there is bad breath**

- Dilute 5 ml of sodium bicarbonate and 5 ml of salt in 2 cups of water. This solution will remain stable for one week in the refrigerator.

Or

- Dilute 5 ml of peroxide in 15 ml of alcohol-free mouthwash. Prepare the mixture just before using. Use this mixture for no more than 2 or 3 days.

Use these mixtures to gargle. Avoid rinsing the mouth for 30 minutes after.

### **If there are ulcers**

- Dilute 5 ml of sodium bicarbonate and 5 ml of salt in 2 cups of water. This solution will remain stable for 1 week in the refrigerator.

Use this mixture to gargle. Avoid rinsing the mouth for 30 minutes after.

Avoid foods that are acidic, spicy, salty, irritating or too dry.

**Do not hesitate to ask the worker who visits you any questions you may have.**

This leaflet was produced by the care team at the CISSS de la Montérégie-Ouest