



# OTHER PRODUCTS

## I N F O R M A T I O N

There are a number of products available commercially to assist in the delivery of effective oral care. Fluoride treatments, tongue cleaners, and mouth props are some examples.

**Fluoride treatment is indicated for people with natural teeth who have a history of dental decay, a high number of fillings, and/or a dry mouth.**

### **FLUORIDE PRODUCTS:**

Fluoride products are used to prevent dental decay and strengthen tooth enamel. There are a number of ways to apply fluoride and they are typically prescribed or recommended by a dental professional or primary health care provider. The frequency and method of applying these products varies depending on the situation.



**Daily fluoride rinses** that are sold over the counter are generally safe to use as directed.

**Fluoride gels** are also available at the pharmacy. These products are designed for daily use but should be used as directed or as prescribed by a dental professional or pharmacist.

**Fluoride varnish** is a more highly concentrated form of fluoride generally applied by health professionals. It is painted onto the teeth with a special brush and can take less than two minutes to apply. The varnish adheres to the teeth - even in the presence of saliva. Fluoride is then released slowly over time to help re-mineralize the surface of the teeth. It's effects can last for several weeks. Residents should wait until the day after fluoride varnish application to brush their teeth.



### **REMEMBER!**

- ★ Daily fluorides should be used immediately after brushing and flossing and just before bedtime
- ★ Any residue left in the mouth after fluoride rinsing or application should be spit out
- ★ When residents are unable to spit effectively, fluoride must be used with caution

### **DID YOU KNOW?**



*It is important not to eat, drink, or rinse for 30 minutes after using a topical fluoride - this allows the fluoride to adhere to the teeth*

# OTHER PRODUCTS

There are many oral health products available today for many different purposes. The best way to determine whether or not to use a particular product is to look at the physical abilities of the residents and what their specific oral care needs are.

## MOUTH PROPS

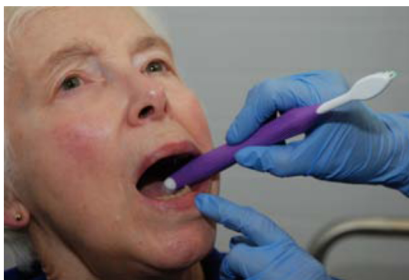
Mouth props are a valuable tool to hold a resident's mouth open while oral care is being provided. **Residents can gently bite on the white spongy mouth prop to help**



**relax the muscles of the jaw.** Because the prop is soft, it can be wedged in between the front teeth in the flat position and then turned to assist with opening. The prop should be resting on the back teeth, not on the front teeth. The teeth should be positioned on the ridges. When the prop is resting on one side of the mouth, the opposite side of the mouth can be brushed. Care providers can also dip the prop in a non-alcoholic lubricant to help with insertion.



**Mouth props can be washed, labeled and re-used**



**The handle of another toothbrush can be used in place of a mouth prop if one is not available. This is called the 2-toothbrush technique.**

## TONGUE CLEANERS

The tongue and mouth tissues can accumulate bacteria on their surfaces. While these surfaces can be brushed using a regular toothbrush, commercial tongue cleaners are also available.



**Both the tongue and the cheeks should be brushed during daily oral care.**



Depending on the cleaner, there is often a plastic edge used to 'scrape' coatings and debris off the tongue. Sometimes there is another edge with bristles to brush the inside of the cheeks and the top of the tongue.

Some toothbrushes now have tongue cleaners on the opposite side of the toothbrush head.

