

Instructions or comments:

- Check mouth for abnormalities
- Gently brush tongue and palate*
- Rinse mouth with mouth rinse**/salt water
- Rinse toothbrush and air dry
- Record success on flow sheet

**Brush with mouth rinse (preferred) or toothpaste*

***Avoid alcohol-based mouth rinse (tends to dry out the mouth)*



Required supplies: toothbrush, mouth rinse (non-alcohol), denture brush, liquid soap, denture container

Additional supplies (if necessary): facecloth, towel, tongue cleaner, lip lubrication, mouth props, denture cleaning solutions, gloves, gauze, kidney basin

Further details about personal oral care

- Record any abnormalities on the 'Resident Oral Health Assessment' sheet
- Lubricate lips with lip lubricant (not just water or saliva)
- Brush mouth minimum once daily (thoroughly)
- Gently massage gums with toothbrush at 45 degrees to the gums
- For those who cannot reach the sink, have kidney basin available to spit
- For those who have trouble swallowing, dry the mouth and teeth with gauze

DATE

When toothbrush was last changed: _____

Of last visit to dentist: _____

