# PRODUCTS: WHAT TO USE AND WHERE TO FIND THEM

Choose products based on individualized daily care plans developed with caregivers and oral health professionals

## MOUTH CARE RECOMMENDATIONS

## Lip & Tissue Moisturizers:

 Use water-soluble lubricants such as those made by Biotene®, Labello/Nivea® or K-Y® Jelly

### Toothpaste:

- Choose one with fluoride for cavity prevention
- Choose a mild flavour that appeals to the individual
- Use a very small amount, ½ the size of a pea
- Use dry mouth toothpaste for less foam and better visibility





## Mouth care for people with swallowing concerns:

- No rinsing; wipe up as you go with gauze or cloth
- Avoid tilting head back to prevent swallowing paste & debris

### Product storage to prevent bacterial growth:

- Thoroughly wash, rinse and tap dry brushes
- Store products in open container to air dry; not in cupboard, drawer or close to toilet
- Clean and dry denture cups regularly

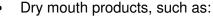
#### Product precautions:

- Some mouth care products can be harmful if swallowed, e.g. denture tablets and mouthwash with alcohol
- Prescription mouth care products should be used with the guidance of health care professionals

## LOCATING HELPFUL PRODUCTS

- ASK what products are stocked at your Personal Care Home or local drug store.
- ASK your pharmacist about these products:
  - Soft-bristled toothbrushes with handles safe to use as mouth props, such as:

Oral B® Cross Action 35 toothbrush Gum® 490 or 491 Technique toothbrush



Biotene® Oral Balance (water based moisturizer) Biotene® Toothpastes (low-foaming with fluoride) Biotene® Mouthwashes (no alcohol)

- Non-alcohol fluoride mouthrinse, such as Oral B®
- Small brushes to clean between teeth, such as:

Oral B® End Tufted Brush
Oral B® Interdental Brush System
Gum® 308 End Tuft Brush
Gum® Proxabrush Cleaners

## ASK at Meyers Drugs about specialty products:

483 William Avenue in Winnipeg - (204) 943-1466

- 3-sided time-saving toothbrushes: Specialized Care Surround® toothbrush Collis-curve™ toothbrush
- Specialized Care Open Wide® mouth rest







