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
  - Dry mouth products, such as:
    - 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:
  - 3-sided time-saving toothbrushes:
    - Specialized Care Surround® toothbrush
    - Collis-curve™ toothbrush
  - Specialized Care Open Wide® mouth rest