



First Nations Health Authority
Health through wellness

Oral Care for Elders with Natural Teeth

Everyone needs to see a dental professional once a year



Why?

You can't see all parts of your mouth... even if you look in a mirror!

- A dental professional will look for gum disease, cavities, loose fillings, broken teeth, infection, oral cancer and signs of other problems that could affect your health.
- It is much better to find and treat disease in the mouth early.
- Some medications can make your mouth dry. This can make your mouth feel uncomfortable and eating may be difficult. You may experience a burning sensation in your mouth. Your dental professional can recommend products to help with dry mouth.



A Healthy Mouth:

- May lower your risk of heart disease.
- Helps keep blood sugar levels stable if you have diabetes.
- Improves your self-esteem and confidence. Decayed teeth, gum disease and bad breath may stop you from smiling or being with other people.
- Helps you eat and sleep better.
- Means you have fewer cavity causing bacteria that can be passed to your grandchildren through saliva.
- Reduces risks of infection and inflammation in your body.

How?

1. Brush your teeth twice a day with fluoride toothpaste.
2. Clean between your teeth once a day (floss, toothpicks, small brushes).
3. Choose whole, unprocessed foods.
4. Limit sugary drinks and sweet, sticky snacks.
5. See your dental professional at least once a year.

**Have a healthy smile and pass on these good habits
to the special children in your life!**



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Oral Care for Elders with Dentures

**Everyone needs to see a dental professional once a year
Even if you have no teeth or wear dentures!**

Why?

You can't see all parts of your mouth... even if you look in a mirror!

- A dental professional will look for infection, oral cancer, areas of irritation and other problems that could affect your health.
- Some medications can make your mouth dry. This can cause a burning feeling in your mouth or make it uncomfortable to wear your dentures. Your dental professional can recommend products to help with dry mouth.

A Healthy Mouth:

- May lower your risk of heart disease.
- Helps keep blood sugar levels stable if you have diabetes.
- Improves your self-esteem and confidence. Decayed teeth, gum disease and bad breath may stop you from smiling or being with other people.
- Helps you eat and sleep better.

How?

1. Brush your dentures everyday using a denture brush and soap or denture cleaner. After brushing your dentures you may use a denture specific cleaning product if preferred.
2. If there is visible stain or build-up remaining, use one of these recipes below for further cleaning. If denture is still "slippy" to the touch after cleaning, there is still a layer of plaque on the surface. Use a paper tissue to remove the slip layer. The denture should feel "squeaky clean"!
3. Take out your dentures and store them clean and dry overnight, in an open container. Massage your gums with a soft toothbrush or clean, damp cloth.
4. If you have a sore spot, see your dental professional for help. You are not expected to "get used to it" and adjustment is needed. Do not try to make the adjustments yourself.

To remove stain on a denture that does not have metal parts

1 tsp. baking soda and 1 cup warm water

Soak dentures once a week, overnight in this solution to remove and prevent stain buildup.

Brush and rinse denture thoroughly before putting it back in your mouth.

Source: British Columbia Dental Hygienists Association

To soften tartar/calculus on a denture

1 – 2 tsp. white vinegar and 1 cup warm water

Soak dentures overnight to soften tartar build up. It may be necessary to soak again to remove heavy deposits. After soaking, brush and rinse denture thoroughly. If you notice a burning sensation, soak the denture in a baking soda and water solution. Brush and rinse the denture before putting it back in your mouth.

Source: British Columbia Dental Hygienists Association