



SENIOR SMILES

## Caring for Natural Teeth

Maintaining a healthy mouth:

- Approach the resident in a relaxed and calm manner
- Use a small amount of high fluoride toothpaste to brush natural teeth twice a day (morning and night)
- Use a soft, small headed toothbrush to massage along the gum line
- Reduce frequency of sugar consumed
- Increase hydration (drinking tap water)
- AINs should check mouth daily for changes - have the dental hygienist/oral health therapist check the residents' mouth every 3-6 months



**SENIOR  
SMILES**