

MOUTH CARE FOR OTHERS

HERE ARE SOME TIPS IF SOMEONE YOU CARE FOR HAS THEIR OWN TEETH AND YOU HELP WITH BRUSHING

Explain to the person that you are going to help them brush their teeth. It can be strange having your teeth brushed by someone else, so take as long as you need to.



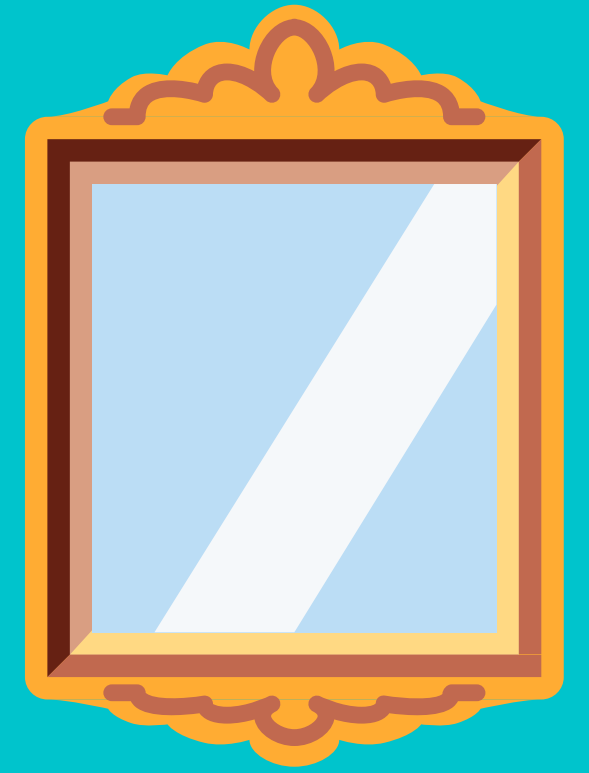
Using a small headed toothbrush help the person brush their teeth twice a day. The most important time is just before bed at night and then at one other time of the day.



If you can, change the toothbrush every three months or when the bristles become dirty, bent and lose their shape.



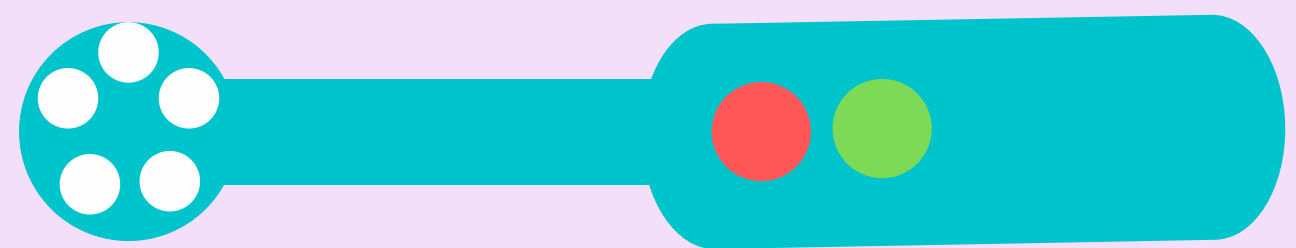
Try different ways of helping. You can stand behind the person, supporting their head and hold the brush. Or sit the person in front of a mirror so they can see what's happening.



Using a pea sized amount of fluoride toothpaste, brush in small circles making sure you brush every tooth, inside and out. You can also brush the gums and tongue gently.



Electric toothbrushes can help as they do the brushing motion for you.



Sometimes the gums may bleed and this can be frightening. Don't worry, it's important to keep gently brushing. A small amount of blood is usually just a sign that the gums have become unhealthy. If the bleeding happens a lot then speak to an adult who can talk to your dentist or doctor.

