

ENGAGE AT EVERY AGE



Taking care of your oral health

BRUSHING¹



BRUSH YOUR TEETH TWICE A DAY

for at least two minutes using a soft-bristled brush and a pea-sized amount of fluoride toothpaste.



REMOVE PARTIAL OR FULL DENTURES

before brushing them and soak overnight in a cup of lukewarm water and denture cleaner.



IF YOU HAVE TROUBLE SWALLOWING,

use less toothpaste or none at all; what is most important is the actual act of brushing away food and plaque.



ADD A TENNIS BALL OR WRAP THE HANDLE WITH A WASHCLOTH

if you have dexterity issues. Also consider using a child-sized toothbrush or electric toothbrush.



FOR CAREGIVERS HELPING SENIORS BRUSH, keep in mind that toothbrushing can be done anywhere that is easiest for the older adult with just a towel, a bowl and a cup of water.

FLOSSING



FLOSS ONCE A DAY, using an arm's length of floss. Wrap the floss around your middle fingers on both hands. Wrap used floss around one finger and use a clean segment between each tooth.



YOU CAN USE FLOSS HOLDERS, small brushes and threaders to make cleaning between teeth easier, especially under bridges.

RINSING



IF YOU SUFFER FROM DRY MOUTH, oral rinsing can help produce saliva in your mouth, which is crucial to limiting bacteria and keeping gums healthy.

NEED HELP FINDING CARE?
Visit toothwisdom.org to find care near you

¹Information for this flyer was taken from the following articles: "Tooth Brushing Tips for Older Adults," by Ellen Gould, RDH, MPA, Polished LLC; "Flossing Tips for Seniors & Older Adults," by Sandie Nagel Beebe, RDH, PhD, Senior Lecturer Southern Illinois University, Carbondale; "Preventing and Treating Dry Mouth," by Kenneth J. Wolnik, DDS, Kenneth J. Wolnik DDS, Inc.

OPEN YOUR MOUTH!

Did you know? Medicare does not cover preventive or routine dental care.

Taking care of your oral health at home is important but legislators need to know that long-term solutions are needed.

Call 1-844-872-0234 to reach your Congressperson and tell them you want dental coverage in Medicare!