Six of the best ways to assist in the maintenance of a healthy mouth

Protect residents’ oral health

Brush morning and night
Fluoride toothpaste on teeth
Soft toothbrush on gums, tongue & teeth
Antibacterial product after lunch
Keep the mouth moist
Cut down on sugar

Better Oral Health in LTC - Best Practice Standards for Saskatchewan

(Adapted from Australia’s Better Oral Health in Residential Care)