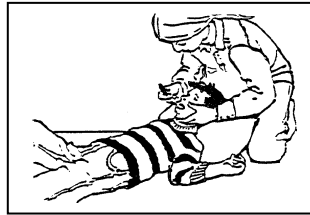

Mouth cleaning Positions for Caregivers

There are a number of positions you can use to clean teeth and gums. It is important to support the head, and for you to see clearly, and be able to move freely. You should take care to avoid causing the person to choke or gag. This can happen when the head is tilted too far back.



Wheelchair with caregiver standing

Stand behind the wheelchair. Use your arm to brace the head against a chair or your body. Use a pillow for the person's comfort.



Lying on the floor

The person lies on the floor with head on a pillow. You kneel behind their head. You can use your arm to hold them still.



Bed or sofa

Have the person lie on a bed or sofa with head in your lap. Support the head and shoulders with your arms.



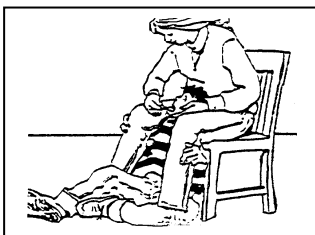
Wheelchair with caregiver sitting

Sit behind the wheelchair. Remember to lock the wheels first. Tilt the chair backwards into your lap.



Beanbag chair

For those who have difficulty sitting up straight, a beanbag chair lets them relax without fear of falling. Use the same position for a bed or sofa.



Sitting on the floor

The person sits on the floor and you sit behind them on a chair. The person leans their head against your knees. If they are uncooperative or uncontrollable you can place your legs over their arm to keep them still.



Uncooperative

If the person is uncooperative or uncontrollable, a second person can hold the hands or feet if needed.

For more information, call the Oral Health Program at **306-655-4462**,
or contact us at oralhealthprogram@saskatoonhealthregion.ca.

