

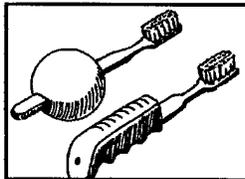
Adaptations for Toothbrushing

For someone who gags easily or cannot spit, brush the teeth with a mouthwash that contains fluoride (check the label for fluoride) instead of toothpaste. First brush without the rinse. Pour a little fluoride mouthrinse into a cup, dip the toothbrush into it, and brush with the rinse.

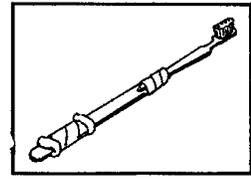
Adapt a Toothbrush for a Better Grip:



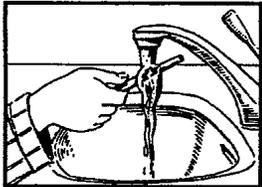
Attach the brush to the hand with a wide elastic band.



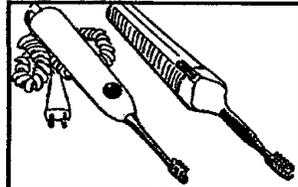
For those with limited grasp, enlarge the brush handle with a sponge, rubber ball or bicycle-handle grip.



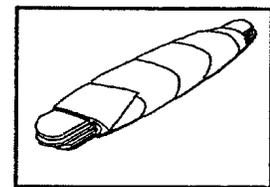
For those who cannot raise their hand or arm, lengthen the brush handle with a ruler, tongue depressor or long wooden spoon.



Bending the brush handle may make it easier to grasp. The handle will become soft enough to bend after running hot water over it.

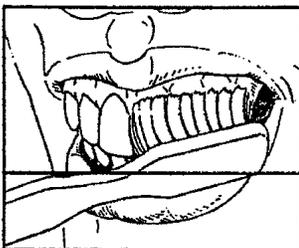


For those who cannot hold a regular toothbrush, an electric toothbrush may allow the person to brush independently.

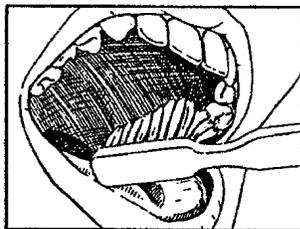


For those who cannot keep their mouth open, use a mouth prop (e.g.: three or four tongue depressors taped together, a rolled-up moistened washcloth, or a clean rubber doorstop). Ask your dentist how to use a mouth prop correctly so you avoid injuring the mouth.

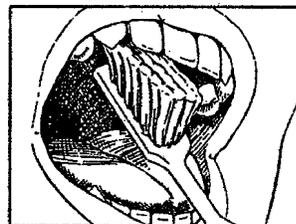
Brushing



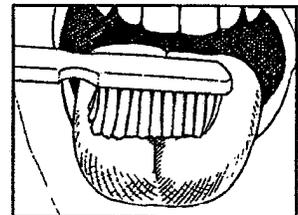
Start with the top teeth. Brush the outside, inside and tops of the teeth. Repeat for the bottom teeth. Be sure to brush each tooth.



Place the toothbrush bristles at the gumline. Press gently and use short, back-and-forth motions.



Tilt the brush behind the front teeth on both top and bottom.



To freshen breath, brush the tongue. The tongue can harbor many odor-causing bacteria.

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

