

ORAL HYGIENE

PURPOSE:

1. To clean the mouth, teeth and/or dentures.
2. To prevent infection and irritation.
3. To moisten the mucous membrane, increase the residents comfort and appetite.
4. To promote personal hygiene and prevent bad breathe.
5. Prevent cavities, tooth decay, gum disease.

EQUIPMENT:

1. Resident's toothbrush or disposable toothbrush.
2. Toothpaste, denture tablet or powder.
3. Water (with straw for resident who cannot sit upright).
4. Emesis basin.
5. Towel.
6. Tissue.
7. Denture cup if necessary.
8. Lemon glycerine swabs if necessary.
9. Dental floss as needed.
10. Lip moisturizer.

PROCEDURE:

NOTE: OFFER ORAL HYGIENE BEFORE BREAKFAST, AND AT BEDTIME.
MAY BE PERFORMED BETWEEN MEALS AS NEEDED.

1. Gather equipment, wash hands.
2. Assist resident to sitting position. If unable to sit, place resident lying on side with face extending over the edge of the pillow unless contraindicated.
3. Drape resident with towel. Remove dentures, if applicable.
4. Wet toothbrush with tepid water and put small amount of toothpaste or powder on brush.
5. Encourage resident to brush own teeth; assist as necessary. Gently brush all tooth surfaces with an up and down motion. Start at the gum line and brush to the edge of the tooth.
6. Assist resident with glass of water and emesis basin to rinse mouth. (Use straw if resident is unable to sit upright). May offer mouthwash to residents who can follow directions.
7. Inspect mouth and gums. Observe for and report and bleeding, loose or broken teeth, sores, coated tongue, complaints of discomfort. Clean and replace dentures.
8. Wash and dry resident's face; offer or apply lip moisturizer as needed; position resident for comfort with call light within reach.

DENTURES:

1. Follow steps 1 and 2 above.
2. Ask resident to remove dentures or remove dentures for resident by gently lifting edge of denture to release.

3. Handle dentures with care. Place in denture container, brush under cool water with toothpaste or powder. Inspect dentures for rough or broken areas. Report any repairs needed to charge nurse.
4. Assist resident to rinse mouth.
5. Inspect mouth and gums for irritation or open areas and notify charge nurse.
6. Keep dentures in denture container until resident is ready to replace them in his/her mouth. Hand resident upper plate first, then lower plate, or place in resident's mouth in this order.
7. Wash and dry resident's face; offer or apply lip moisturizer as needed; position resident for comfort with call light within reach.

NOTE: Apply gloves when assisting resident with oral hygiene, follow universal precautions.

Resident may have dentures removed and soaked in denture cup at night with a denture tablet. This is based on resident preference.