Effects of poor oral health

- Poor oral health can affect general health and wellbeing.
- A painful mouth may be debilitating and upsetting. It can affect mood and behaviour, as this may be the only way of the individual telling you they are in pain.
- A painful mouth may prevent an individual from eating, drinking and speaking.
- Poor oral health can affect quality of life, by lowering self-confidence and altering self-image.
- There is a risk of aspiration pneumonia and other chest conditions for bed bound patients (inhaling bacteria from the plaque left on teeth).
- There are links between poor oral hygiene and heart disease – higher risk to individuals with a history of heart disease.

Benefits of good oral health

- A healthy mouth gives a person dignity and should be valued.
- A healthy mouth can encourage confidence.
- Can prevent dental disease.
- Improve overall general health.
- Can improve behaviour.
- Improving bad breath can create a more pleasant atmosphere for others.
- Minimise the need for dental treatment.

Improving Oral Health in Evermore Communities

Contact us

If you would like to speak to someone about any aspect of our dental service please contact:
Oral Health Improvement Team |
Community Dental Services CIC |
Colworth House | Colworth Park |
Sharnbrook | Bedfordshire | MK44 1LZ

Email: oralhealthimprovement@cds-cic.co.uk
www.communitydentalservices.co.uk

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Nottingham City Oral Health Improvement Team

Community Dental Services

Supporting Oral Health in others

"Maintaining oral health brings benefits in terms of self-esteem, dignity, social integration and nutrition."

Providing NHS Dentistry

NHS

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Denture care

- Dentures should be removed at night to allow the gums to rest and help prevent fungal problems.
- Dentures do not need to be soaked overnight, but if preferred, to placed in **plain water** only. Alternatively, keep in a specified clean, dry pot overnight.
- Ideally, dentures should be rinsed after every meal.
- Clean dentures morning and night using a toothbrush or a soft denture brush and tepid water. ***Do not*** use toothpaste. Use denture cream or unperfumed soap and rinse well.
- Ensure the mouth and any remaining teeth, are cleaned thoroughly twice a day.
- For further information on denture care, please contact your local oral health improvement team.

Special care

Dementia, autism and learning disabilities – oral implications

Vulnerable people should be encouraged to continue their own oral care where possible. When this is not possible, gentle reminders and assistance may be needed.

Oral health plays a vital role in maintaining general health. Therefore, it is vital oral care is not neglected.

Some people might be unable to verbally communicate pain or discomfort. They may communicate, however, in other ways such as crying, pulling, hitting their face, hitting out at care staff, or being passive. If pain or discomfort is suspected, consult a dentist immediately.

Oral care for vulnerable people.

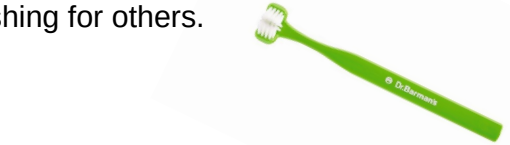
- Brush twice daily with a fluoride toothpaste containing at least 1350-1500ppm (parts per million). **Spit, don't rinse!** (High fluoride toothpastes are available on prescription for patients who can spit out)
- Keep sugary snacks and drinks to meal times only
- Be sure to attend your dentist regularly.

Medications and dry mouth

Many liquid medications contain sugar. Please speak with your GP or dentist to discuss a sugar free alternative and how current medications can affect oral health.

There can be many causes of a dry mouth, including medication and medical conditions. A dry mouth can make oral care more challenging, be uncomfortable for the individual and increase their risk of tooth decay.

Speak to a GP, a dental practitioner or your local oral health improvement team for advice on managing a dry mouth and available products.

Adapting

It may be necessary to make adaptations to assist individuals with their brushing routine to suit their needs and preferences.
For example, a Dr Barman 3 headed toothbrush can assist care staff when brushing for others.