



## oral hygiene instruction

### I. Why is Oral Hygiene Important?

- Maintain Chewing Function: Helps with proper nutrition intake.
- Prevent Issues: Reduces bad breath, periodontal (gum) disease, and tooth decay.
- Prevent Aspiration Pneumonia: Prevents bacteria from oral secretions from flowing into the lungs.
- Improve Quality of Life: Enhances social interaction and overall well-being.

### II. Preparation Checklist

- Soft-bristled Toothbrush: Suitable for assisting with cleaning (can replace cotton swabs).
- Electric Toothbrush: Recommended for those with weak hand grip/strength.
- Fluoride Toothpaste: A pea-sized amount is sufficient.
- Mouthwash: Contains fluoride to prevent cavities.
  - Antiseptic ingredients (Chlorhexidine 0.12–0.2%) help inhibit bacteria and reduce bad breath/gingivitis.
  - Note: Chlorhexidine should be used under a dentist's guidance; avoid long-term continuous use.
- Denture Care: Denture brush and cleaning tablets (if the patient has removable dentures).
- Supporting Items: Clean water, gloves, towel, and a small basin (for assisted cleaning).

### III. Cleaning Methods

- Independent Seniors (Able to brush on their own)
  - Use a soft-bristled toothbrush with fluoride toothpaste twice daily (morning and night).
  - Use the "Bass Method": Angle the toothbrush at 45 degrees to the gum line and gently brush the junction between teeth and gums.
  - Brush for at least 2 minutes. Rinse with water or mouthwash afterward.
- Denture Care
  - Remove dentures daily and rinse with clean water.
  - Use a dedicated denture brush to scrub gently.
  - Before bed: Remove dentures and soak them in clean water or a denture cleaning solution.
  - Clean the gums and oral mucosa (lining of the mouth) before resting.
- Special Emphasis: For those unable to clean themselves (Bedridden, disabled, or with dementia)
  - Caregivers must be extremely gentle to prevent choking (aspiration) or injury.

- Set up the environment: Raise the head of the bed to 30–45 degrees to prevent choking. Wear gloves, place a towel under the chin, and have a small basin ready.
- Cleaning Process:
  - ◆ Use a soft toothbrush dipped in a small amount of water or mouthwash.
  - ◆ Gently brush: Tooth surfaces (front to back)→Tongue (back to front→Gums and inner cheeks.
  - ◆ Continuously assist the patient in spitting out saliva or suctioning/wiping away fluids during the process.
- Post-cleaning: Wipe the corners of the mouth and chin dry. If the mouth is dry, apply a small amount of water or oral moisturizing gel

#### **IV. Precautions**

- Avoid using large amounts of water to prevent choking/aspiration.
- If you notice bleeding, ulcers, or white patches, inform nursing staff or a doctor immediately.
- Simple Home Oral Check (For Caregivers):
  - Check Gums: Look for redness, swelling, or bleeding.
  - Check Mouth: Look for ulcers or white patches.
  - Smell Breath: Check for unusual or foul odors.
- If any abnormalities are found, seek medical attention immediately.

Wishing you good health, peace, and good fortune.  
Consultation Hotline 02-66289779 轉 (7251)