

FAQS ORAL HEALTH MANAGEMENT 14/12/2020

1. Can someone develop an ulcer due to a food reaction? *If you have an allergy then yes you could get a reaction but its unusual to develop an ulcer. Some people are unfortunately prone to getting them. If you spot an ulcer in a resident's mouth, that does not appear to heal after 2 weeks, call a dentist for advice.*
2. When should you change a toothbrush? *Every 3 months however if someone bites down and it looks worn then it would be worth changing it.*
3. If a resident does not have dentures and has their own teeth is it necessary to give oral care? *Oral care is always essential, as it prevents dental problems that may be hard to treat. If a resident has the dexterity to brush their own teeth this should be prompted and observed by staff twice daily. If they cannot do it themselves, toothbrushing should be completed for them.*

If they are able to brush themselves then great, but to make sure its being monitored as sometimes in care homes people don't always get to see a dentist.

4. What about flossing?
Flossing plays a part in preventing gum disease; however it is usually not practical to floss someone else's teeth. By ensuring you focus the toothbrush on the area where the gum and the tooth meet, you will help keep gums healthy.

Flossing is great as it cleans between the teeth however it is very difficult to floss for someone else. If you can't floss then brushing is also good.

5. Is it safe to use mouth wash?
Fluoride mouthwashes are fine, but best used at a separate time to brushing. Excess toothpaste bubbles should be spat out, but not rinsed off with water or mouthwash. Medicated mouthwashes are best used a dentists or doctors recommendation.

Its fine, but don't use it after brushing as it wastes the fluoride in the toothpaste.

6. Does risk management for oral care need to be reviewed every 3 months?
Yes it should be reviewed every 3 months.