Adults & Older Adults

North Bay Parry Sound District Health Unit
Bureau de santé du district de North Bay-Parry Sound

Oral Health
Santé buccodentaire

myhealthunit.ca



Adults & Older Adults

Prevention is key

- Brush your teeth with fluoride toothpaste twice a day.
- Clean between your teeth with floss or other aids.
- Eat well and reduce sugary foods and drinks.
- Visit your dentist regularly, if possible.

Dry mouth

This common condition is often caused by certain medications, medical conditions or aging.

When possible, try these helpful tips:

- Continue with your daily oral care. Keep your lips moist.
- Drink water often throughout the day.
- Chew sugarless gum or eat sugar-free candies.
- Reduce sugary foods and drinks.
- Use alcohol-free mouthwash.
- Try over-the-counter products for dry mouth.

Call the Health Unit to inquire about available dental programs for *eligible* children, adults and seniors at **1.800.563.2808** ext. **5227.**

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Soft tissue and denture care

- Gently clean your gums, cheeks, tongue and the roof of the mouth with a soft-bristle brush or with a clean damp facecloth. If you have any remaining teeth, brush them as well.
- Brush dentures daily with a soft-bristle toothbrush and a non-abrasive paste to avoid scratching them. You may use a (day or night) denture cleaning solution, but it does not replace the need to brush your dentures.
- Remove and soak dentures overnight in water or in a denture cleaning solution.
- Rinse dentures properly before putting them back in your mouth.
- Visit your dentist regularly for a soft tissue examination.
- Consider having your dentures replaced or relined when recommended.

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