4 Preventive Dental Care

Patient name: _____ **Admission:** _____

DATE	NRS INITIAL

I. The client/caregiver can state purpose of good oral hygiene.

A. To provide comfort
B. To decrease unpleasant tastes and odors
C. To decrease the possibility of irritation, infection, or disease in mouth
D. To prevent cavities and gum disease

II. The client/caregiver can list measures to assure good dental/oral health.

A. Brush teeth at least twice a day with fluoride toothpaste.
B. Floss teeth daily.
C. Eat snack smart—limit sugary or sticky snacks.
D. Get enough calcium in diet to support the health of teeth.
E. Do not smoke or use tobacco products.
F. Have regular dental exams.

III. The client/caregiver can demonstrate the correct method for brushing teeth.

A. Use a soft-bristled toothbrush.
B. Hold toothbrush at slight angle against teeth, and use short back and forth motions.
C. Brush inside and chewing surfaces of teeth.
D. Brush your tongue.
E. Brush your teeth for about 2 minutes each time.
F. Rinse mouth well.

IV. The client/caregiver can demonstrate proper method for flossing.

A. After brushing teeth, wrap approximately 18 inches of floss around your middle fingers.

DATE	NRS INITIAL

B. Slide floss between teeth until it reaches the gum.
C. Pull floss against tooth and gum to remove plaque.
D. Floss each tooth several times using fresh floss as needed.
E. If there is a problem handling the floss, try a manufactured floss holder.
F. Rinse mouth well.

V. The client/caregiver can demonstrate care of dentures.

A. Remove dentures, and place in a denture container.
B. Place a washcloth over the sink to prevent breaking if they are dropped.
C. Use tepid water because hot water may change the shape of some dentures.
D. If removing dentures during the night, place in covered denture container with water.
E. Have dentures adjusted as needed for proper fit.

RESOURCES

American Dental Association
www.ada.org/

Local dentist

REFERENCES

Lutz, C., & Przytulski, K. (2001). *Nutrition and diet therapy.* Philadelphia: F. A. Davis Company.
Perry, A., & Potter, P. (2006). *Clinical nursing skills & technique.* St. Louis: Mosby Inc.
Timby, B. K. (2005). *Fundamental nursing skills and concepts.* Philadelphia: J. B. Lippincott Williams & Wilkins.

 © 2008 Jones and Bartlett Publishers, Inc. *www.jbpub.com*