

## Oral regime

### **Geriatric pt in nursing home setting that has teeth**

1. Brush 3 times per day for 2 minutes each time.
2. Use professional toothpaste for brushing, because it should be 5000ppm fluoride
3. use a “**good**” powered toothbrush, I recommend Sonicare or Oral-B sonic.
4. Brush after breakfast, after lunch and before bed, preferably around 8pm.
5. Do not eat anything after 8pm, this is why brush around 8pm.
6. Rinse once per day with a fluoride rinse.
7. See a dentist every 3 to 6 months for regular checkups.

### **Edentulous geriatric pt in nursing home setting**

1. Clean the dentures with regular toothpaste by brushing each day at night before bed
2. Keep dentures out of the mouth each night and let sit in a bowl of water. You must let the gums breath without a denture in.
3. 3 times per week, at night, let soak in “professional” denture cleaning solution that you get from a dentist.
4. Clean the gums with a 2x2 wet gauze with water.
5. Also, find attached a post op denture instructions for denture patients
6. Have them seen by a Dentist every 3 to 5 years to evaluate fit or there denture.