

Healthy Mouth for Life

0 teeth or 32 teeth, you need to visit your dentist regularly!



Basic tooth and gum care:

- Remove denture when cleaning teeth and/or mouth
- Brush all teeth with a fluoride toothpaste 2 times a day
- Floss all teeth
- Wipe or softly brush all gums

Denture Care

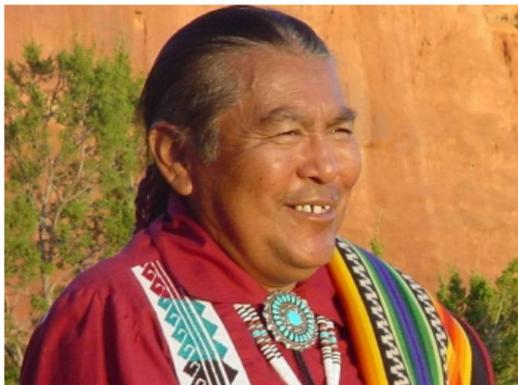
Always:

- Clean dentures over sink with a towel in it
- Brush with soft denture brush and non-whitening toothpaste, denture cleaner or mouthwash
- Store in water or cleaning solution
- Store away from kids and pets

Never:

- ∅ Boil dentures or put in hot water
- ∅ Clean with bleach or household cleaners
- ∅ Try to repair on your own
- ∅ Use glue on dentures

Dry Mouth



Also called xerostomia, dry mouth can be painful and cause problems in:

- tasting
- chewing
- swallowing
- speaking
- getting more cavities
- tooth sensitivity
- more mouth infections

Causes

Medications
Diabetes
Other diseases
Infections
Hormone changes
Chemotherapy
Radiation therapy



Treatments

Saliva Substitutes
Sugar-free gum
Fluoride gel
Water
Chap-Stick use
Humidifier

Things to Avoid

Salty Foods
Sticky Foods
Caffeine
Commercial Tobacco
Spicy Foods
Sugary Foods
Alcohol