



SENIOR SMILES



THE UNIVERSITY OF  
NEWCASTLE  
AUSTRALIA

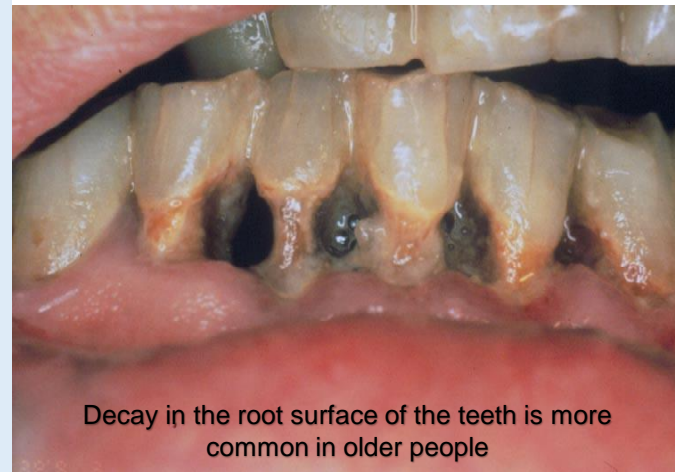
# Caring for Natural Teeth

# OVERVIEW

- Description of caries
- Explanation of plaque and calculus
- Gingivitis the cause
- Periodontal disease
- Recession
- Tooth wear
- Practical care
- PPE
- Toothbrushing techniques and tips

# Dental Caries (Tooth decay)

- Toothache, spontaneous pain or pain that occurs without any apparent cause
- Tooth sensitivity
- Mild to sharp pain when eating or drinking something sweet, hot or cold
- Change in behaviour
- Visible holes or pits in the teeth
- Broken or sharp edges on teeth
- Brown, black or white staining on any surface of a tooth
- Pain on biting
- Food stuck in teeth



# Plaque (biofilm) and Calculus

- Plaque - white, soft and sticky and can be removed with a toothbrush
  - supports bacterial growth
- Calculus (tartar)- hard calcified plaque not easily removed with a toothbrush (More common along the gum line)



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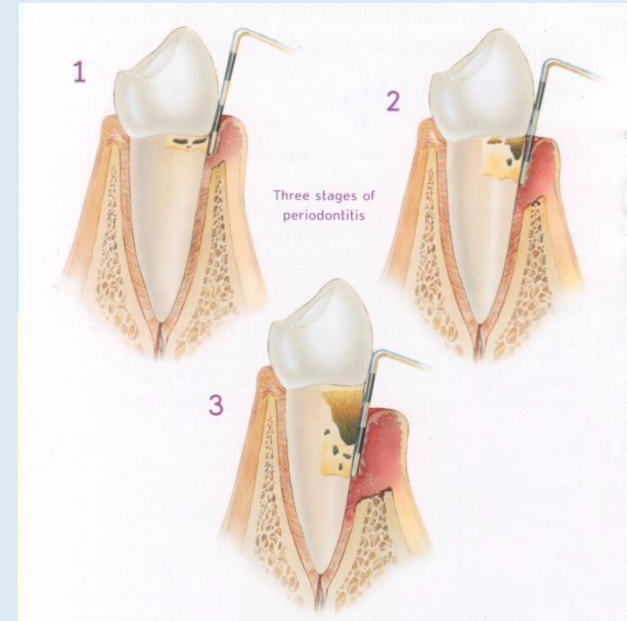
# Gingivitis

- Gingival inflammation
- Reversible condition
- Change in colour where the gum and the tooth meet
- Gum can become swollen
- Bleeding on stimulation- probing, chewing, toothbrushing
- Possibility of halitosis



# Periodontitis

- Irreversible condition
- Destruction of the supporting structures of the tooth, characterised by
  - tooth mobility
  - gum recession (long in the tooth)
- Chronic inflammatory disease
- Generally no pain unless acute infection
- Bidirectional link with diabetes
- Association with other diseases
- Systemic and local risk factors



# Recession

- Receding gums ('Long in the tooth')
- Sensitivity (dentine exposure)



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# Tooth Wear

- Abrasion
  - External Abrasive
  - Toothbrush
  - Pipe
  - pins
- Attrition
  - Tooth to tooth contact
- Erosion
  - Acid
  - Reflux
  - Beverages
  - Chewable vitamin C





# Practical Care



- Each resident should be assessed individually
- Effective oral hygiene
- Oral hygiene aids
- Assistance required

What level of assistance?



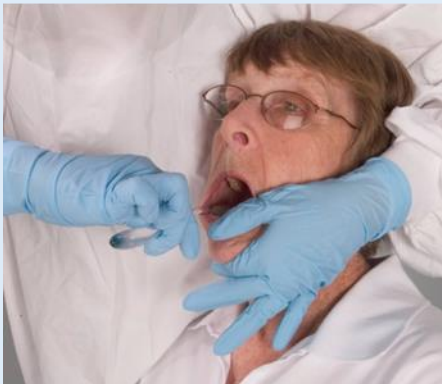
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# Remember PPE

Protect your:

Eyes, mouth & hands when  
cleaning your residents teeth



# Toothbrush Options



Battery/Electric



Straight/Bent

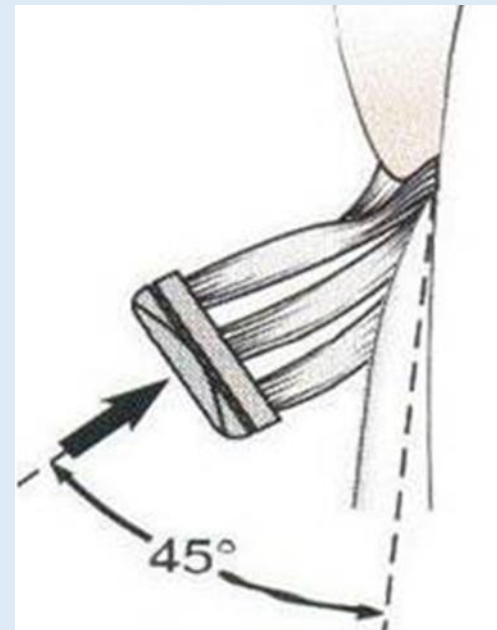


Toothette



# Toothbrush Technique (manual)

- Bass
  - Most popular technique
  - Bristles 45° towards the gum, where the gum and the tooth meet
  - Short strokes vibrating back and forth
- Modified Bass
  - Bass followed by sweeping down motion



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# Toothbrushing Tips

- Brushing someone else's teeth is NOT easy
- Remember a toothbrush is made of **hard** plastic that can cause pain if used incorrectly
- Practice on someone that loves you!
- Look in the mouth before you start
- Lubricant for the lips
- Plan toothbrushing sequence
- Positioning and posture
- 'Lift the Lip' away from the teeth
- Bend or remodel toothbrush
- Pea size amount of fluoride toothpaste
- Brush gum margins and teeth
- Rinse brush regularly if required



# The Unco-operative Patient

## DISTRACTION

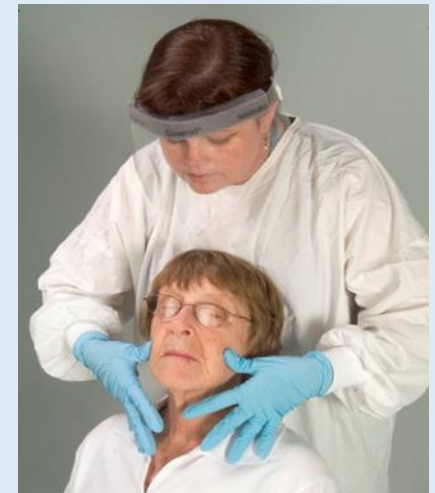


- Vibration/Limbic System
- Music
- Nailbrush
- Distraction belt

## ORAL DESENSITISATION



- Good technique if previous bad experience
- May help for those with cognitive impairment



# Cleaning in-between the teeth

May not be an option for all residents.

- Floss
- Floss mate
- Toothpicks
- Interdental brushes
- Oxyjet



# Other Aids

- Fluoride +
- Mouthwash
  - Savacol - Chlorhexidine
  - Listerine - Essential oils
- CCP ACP
- Dental surgery
- Biotene
  - Dry mouth



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