

A BASIC GUIDE TO

ORAL CARE FOR OLDER ADULTS

Planning and prevention to maintain a healthy smile for ages 55+

MAINTAIN REGULAR DENTAL VISITS.

Continue to see your dental provider at least once a year. Even if you are wearing a dentures.

MONITOR YOUR MEDICATIONS.

Ask your doctor to substitute for sugar-free medicines when possible. Also monitor medications that cause dry-mouth and increase water intake.

BRUSH 2X A DAY.

Do not forget to brush your teeth 2x a day for two minutes. Use fluoride toothpaste.

FLOSS & USE MOUTHWASH.

Use antibacterial mouthwash after brushing and flossing. Make sure to floss at least once a day.

EAT HEALTHY.

Increase calcium intake and eat a balanced-diet with low sugar. This includes avoiding tobacco and limiting alcohol intake.



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