

Keeping your mouth healthy



This information and other helpful information about how to stay healthy is on the Hertfordshire Community Learning Disability Nurses Web pages

www.hertfordshire.gov.uk/ldmyhealth

in the **How to Stay Healthy** section

People with disabilities are more likely to have diseases or problems with their mouth and teeth. (Stomatol, 2017).

This booklet will inform people with learning disabilities and their carers about the importance of oral hygiene.

It includes easy read sheets, two prompting tools, recording sheets and a list of further resources.

Not all information may be applicable or helpful to an individual. It is recommended that relevant information or tools are selected and talked through with that individual in 'bitesize' sections. The individual may need to be reminded of the information regularly.

Keeping my teeth and mouth clean.



Your teeth vary in shape and size depending on where they are in your mouth



Teeth help us to chew and digest food.

They help us to talk, and to pronounce different sounds clearly.



They also help to give our face its shape



Brushing your teeth morning and night can help prevent problems with your teeth and gums



Food and drink high in sugar such as fizzy drinks, cake, sweets and biscuits can be bad for your teeth.



Foods with high amounts of acid in them such as pickles, vinegar, fruit juice and energy drinks can be bad for your teeth.

So what happens if I don't look after my teeth?



Your gums can become red and hurt. This is called gum disease.



This could make your teeth rot and fall out.

You can get toothache which can be really painful.



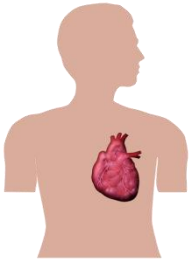
Your breath can smell bad.



When you brush your teeth, your gums might bleed and you might see blood in the sink and on your toothbrush.

If you see blood in the sink or on your brush, you need to see a dentist.

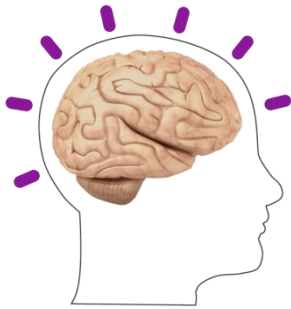
These are some more things that could happen if I don't look after my mouth and teeth.



Heart disease and heart attacks



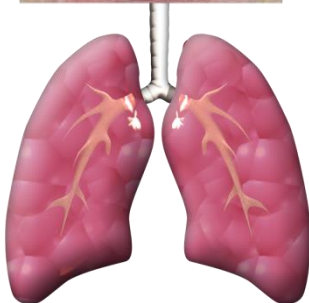
Infections



Stroke and dementia



Throat cancer



Lung conditions and pneumonia

So how can I look after my mouth and teeth?



Brush your teeth every morning after breakfast and every night before you go to bed.



Eat a healthy diet.



Stop smoking, there is help available for you to do this.



Using an electric toothbrush is better than a hand held one.



Floss your teeth before you brush them.
Use mouthwash after you have brushed your teeth.



Remember to visit your dentist regularly.
They will let you know when you need to go.

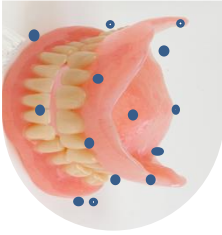
Brush your teeth for 2 minutes morning and night.



What if you have false teeth (dentures)?



Clean your false teeth in the morning and at night with a toothbrush and toothpaste



Soak your false teeth in water with a fizzy dental cleaning tablet



Clean your false teeth again after soaking



If you leave your false teeth out, leave them soaking in water.



Clean your gums and mouth with toothpaste and a soft brush in the morning and at night

My tooth brushing chart

Day 	Morning 	Night 
 Monday		
 Tuesday		
 Wednesday		
 Thursday		
 Friday		
 Saturday		
 Sunday		

Cut these out and stick these around a mirror.
Follow the steps to a healthier mouth and
cleaner teeth



1) Put a pea sized amount of
toothpaste on your brush.



2) Set your timer for 2
minutes!!.



3) Brush all of
your teeth, top,
bottom, back,
front and sides.



4) Spit the
toothpaste in the sink.



5) Rinse your
toothbrush.

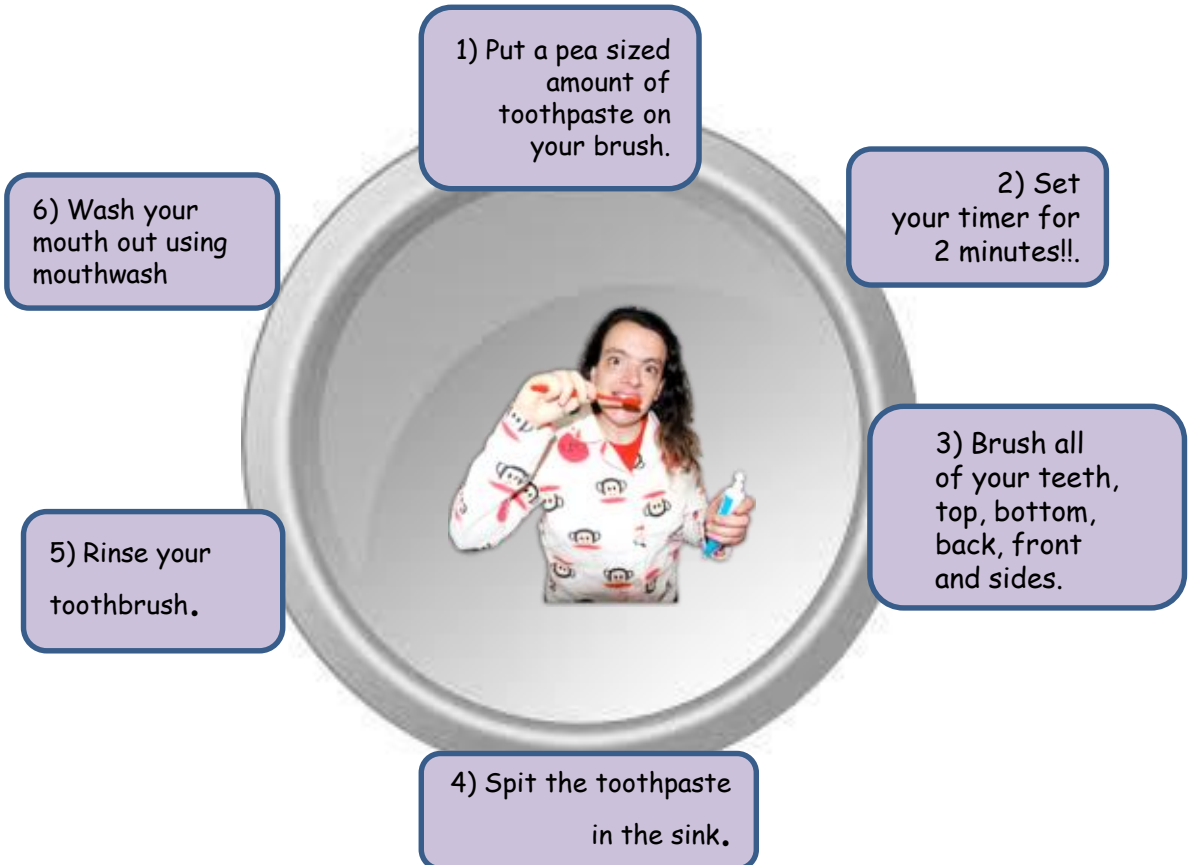


6) Wash your
mouth out using
mouthwash



7) Wash your mouth out using mouthwash

Your completed mirror will look like this!



Further resources

- Take care of your teeth:
<http://www.nhs.uk/Livewell/dentalhealth/Pages/Dentalhealthintroduction.aspx>
- Brushing teeth:
<http://www.oralb.co.uk/en-GB/articles/how-to-brush-teeth-properly/>
- Diet and teeth:
<https://www.dentalhealth.org/tell-me-about/topic/sundry/diet>
- Caring for my teeth:
<https://www.dentalhealth.org/tell-me-about/topic/caring-for-teeth/caring-for-my-teeth>