

# Tooth Tips for Elders and Older Adults



## Brushing Your Own Teeth

1. Brush for two minutes, twice a day, with a pea-sized amount of fluoride toothpaste.
2. Brushing before bed is very important; food, sugar and bacteria sitting on the teeth all night cause cavities.
3. Use a soft toothbrush and be gentle – it's kinder on the gums.
4. Floss once a day to clean between the teeth where the toothbrush can't reach.
5. Replace toothbrushes every 3 months - or sooner if the bristles start to spread apart.

**Why?** As we age, cavities develop on the roots of teeth. Bacteria from the mouth can travel through the body, affecting overall health.

## Brushing Your Dentures

1. Brush your dentures twice a day with a denture brush or small soft toothbrush.
2. Use warm water with mild liquid soap – toothpaste will scratch the dentures.
3. Remove your dentures at night and place them in a denture cleaning solution or container of water. This allows the tissues in the mouth to breathe.

**Why?** Dentures require as much care as natural teeth. Food and bacteria on dentures form plaque, which can cause cavities on any remaining teeth.

For more tips  
and information, visit

[www.gov.nt.ca/teeth](http://www.gov.nt.ca/teeth)

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