

Tooth Tips - Supporting others



General Tips:

1. Encourage as much participation as possible! Be patient, and let the person do what they can, then help when needed.
2. If the person can reliably spit out toothpaste, use a pea-sized amount of fluoride toothpaste. If not, use a grain of rice-sized amount of fluoride toothpaste.
3. Brush twice a day – once in the morning and once at night. Aim for two minutes of brushing.
4. Brushing before bed is very important; food, sugar, and bacteria sitting on the teeth all night cause cavities.
5. Floss once a day to clean between teeth where the toothbrush can't reach.
6. Replace the toothbrush every 3 months - or sooner if the bristles start to spread apart.

Making Toothbrushing Easier

- Brushing teeth can be hard for many reasons!
- An occupational therapist (OT) or an oral health professional can work with you to make it easier. Some examples are:
 - o Making the toothbrush easier to hold, by making the handle thicker or longer, or using an adjustable strap.
 - o Helping to keep the mouth open for toothbrushing, and helping to make toothbrushing more comfortable.
 - o Creating cues and reminders to encourage independence in toothbrushing.
- Ask your OT or oral health professional which devices and adaptations will work best for your situation.

Why? Oral health is very important to overall health and daily comfort, and certain conditions may increase the risk of cavities and other oral diseases.

For more tips
and information, visit

www.gov.nt.ca/teeth

If you would like this information in another official language, please contact us at **1-855-846-9601**

