

## How to care of your .....

### 1- Dentures

- Remove and rinse dentures after eating
- Clean your mouth after removing your dentures
- Brush dentures at least once a day
- Soak dentures overnight
- Rinse dentures before putting back in your mouth

### 2- Bridges

- Use threading tip of Super Floss to insert between the teeth & gently glide the larger section under the prosthetic tooth in a sweeping motion

### 3- Implants

- Do not use vibrating electric tooth brushes
- Brush twice a day, floss regularly, and try to remove food residue.



## Steps To Maintain Oral Hygiene

1. Brush twice a day
2. Floss Daily
3. Brush and soak your dentures
4. Proper Diet
5. Interdentally Cleaning
6. Rinsing
7. Regular Dental Checkups



## Geriatric Dentistry

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### Who are we?

Senior Dental Hygiene students from New York City College of Technology



## we are here to talk to you about ....

- Scope of oral health problems for Seniors
- Brushing your teeth twice a day
- Flossing your teeth
- Rinsing daily
- Proper care for dentures, implants, and bridges/crowns.
- Any other issues that may arise in the elderly population



### Scope of Oral Health Problems for Seniors

- More seniors than ever are aging with their natural teeth.
- In 2016, only 1 in 5 seniors had a dental visit.
- About 80% of New York residents over age 65 have at least some of their teeth

### Consequences of poor oral care



Tooth decay  
Gum disease  
Chronic Illnesses  
Dry Mouth  
Poor Nutrition  
Denture Problems  
Oral Cancer

### Dry mouth or Xerostomia



- **Dry mouth** is a potential side effect of many medications.

- **Common symptoms** associated with dry mouth include a constant sore throat, burning sensation, problems speaking, difficulty swallowing, hoarseness or dry nasal passages.

### How To Maintain Oral Hygiene and Dental Care



#### Brushing

- **Brush your teeth at least twice a day**



#### Interdental Aids

