



Dental Prevention & Maintenance

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- By a show of hands, how many people here have their natural teeth?

Ice Breaker/Prior Knowledge

Brush Your
Teeth!



- How to maintain healthy teeth?
- There are many ways you can! Such as:
- Visiting you dentist every 6 months
- Brushing your teeth at least twice a day
- Use toothpaste or oral rinses that contain fluoride
- Floss

Introduction

Good and Bad Habits



Visit your Dentist every 6 months to avoid cavities and gum disease.

The stages of caries development



- However, many people are not educated in how to practice good oral hygiene.
- Poor oral health can lead to oral infections such as tooth decay and gum disease.
- If not treated, a person can lose a tooth or more.
- Losing your teeth may be difficult to eat so that is when dentures are recommended.

Introduction II

- So we would like to know, how many people here have dentures?
- For the people who raised their hands. Would you like to inform us on how you clean your dentures?

Assessment



- Ok great, so we are going to show you these following items to help clean your dentures at night.
- Denture Brush
- Polident
- Denture Box

Planning (Before Activity)

Denture Brush:



Polident Cleanser:



Denture Box:



- It is important to read the box for instructions before you begin to use the product. **Polident 3 minute cleanser instructions are:**
- Drop one tablet in enough very warm water (not hot) to cover the dentures.
- Soak for 3 minutes or overnight.



Planning (During Activity)

- Brush the dentures with the solution using a soft denture brush.
- Rinse thoroughly with running water.
- Discard the remaining solution immediately after use.



Which parts of your denture should be cleaned?

- The outside surface (the pink surface)
- The teeth (inside, outside, and chewing surface)
- The surface that contacts your gums

Planning

Step by Step



Remove your dentures



Clean them manually



Clean your gums



Rinse your mouth



Soak your dentures

Do:

- Brush off the adhesive materials
- Food particles and stains



Don't:

- Do not brush with toothpaste
- Do not soak in the alcohol
- Do not use soap to clean
- Do not sleep with your dentures



*Explain why

Do and Don't

- Hand out samples of Polident and denture brushes.
- Demonstration: show them the steps of cleaning the dentures (soak, brush, rinse)
- Practice and feedback (they can practice on their own dentures with toothbrushes and water / samples)

Implementation

- Compare the knowledge on denture maintenance/oral health.
- Questions?

Evaluation

- Reinforce the importance of denture care and how that impacts overall oral health.
- “Thank you so much for coming”

Conclusion
