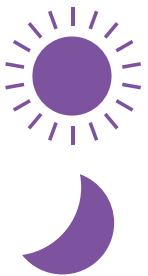




Brush morning  
and night



Fluoride  
toothpaste  
on teeth



Soft toothbrush  
on gums, tongue  
& teeth



Antibacterial  
product after  
lunch



Keep the  
mouth moist



Cut down  
on sugar



# Six of the best ways to maintain a healthy mouth

Protect your residents' oral health



Better Oral Health in LTC - *Best Practice Standards for Saskatchewan*



Saskatchewan  
**Health Authority**

(Adapted from Australia's Better Oral Health in Residential Care)