



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 assist in the maintenance of a healthy mouth

Protect residents' oral health



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



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