

Oral Health Care --- Our seniors must know

Always smiling show your teeth

Cheerful, active and good mood

Help me enjoys my nice food

Fit and healthy have no worries

A healthy senior knows the ways of oral health care:

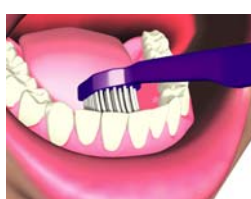
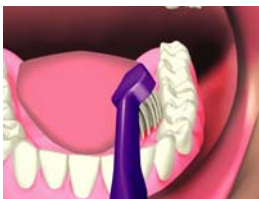
1. Care of the teeth



Brush the teeth with fluoride toothpaste in the morning and before bed at night everyday



Place the soft-bristled toothbrush against the gum margin and gently brush in a back-and-forth motion along the outer surface



Place the soft-bristled toothbrush against the gum margin and gently brush in a back-and-forth motion along the inner surface



Place the tooth brush flat upon and brush in a back-and-forth the chewing surfaces

2. Care of the denture

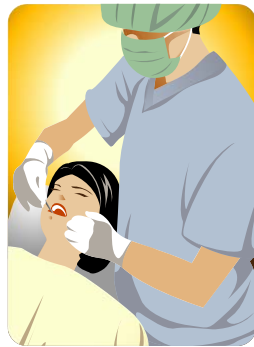


Use a toothbrush and detergent to thoroughly clean all parts of the denture



Every night, after having cleaned the denture, immerse it in a glass of water overnight

3. Regular dental check-up



Visit the dentist every year for check-up of the teeth, gums and denture for the prevention of oral diseases



Oral Health Education Unit
Department of Health