

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 no worries

A healthy senior knows the ways of oral health care:

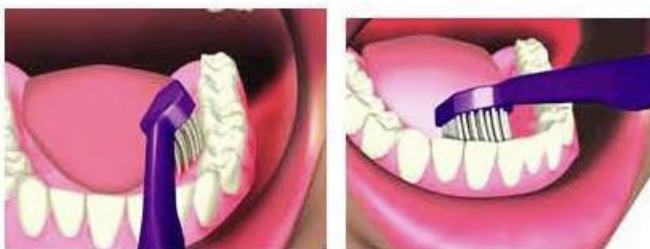
1. Care of the teeth



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



Place the soft-bristled toothbrush against the gingival margin and gently brush in small scrubbing motions along the outer surface



Place the soft-bristled toothbrush against the gingival margin and gently brush in small scrubbing motions along the inner surface

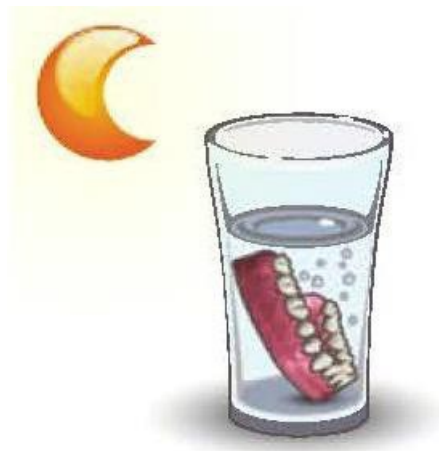


Brush the chewing surfaces of the teeth with the toothbrush moving backward and forward

2. Care of the denture



Apply some detergent onto the toothbrush. Then clean every surface of the denture and rinse with water.



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

3. Regular dental check-up



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