

**Need supplies?
Ask your nurse.**



**Have you brushed
your teeth today?**

Adapted with permission from University Health Network: *Cleaning Your Mouth During Your Stay in the Hospital (2015)*

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Catalogue #265674 (October 2017)
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**Why Clean Your
Mouth Regularly**



**Help Prevent Complications
While in the Hospital**

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Why is it important to have a clean mouth?

It is important to keep your mouth clean while in the hospital because cleaning removes germs that can cause chest and mouth infections.

An unhealthy mouth, including teeth, gums, and tongue can lead to health problems like:

- stroke
- pneumonia
- heart disease
- diabetes
- arthritis
- osteoporosis
- dementia



How often should I clean my mouth?

Clean your dentures, mouth, and teeth at least 2 times a day (example: morning and evening).

What if I am worried about the health of my mouth?

If you are worried about the health of your mouth, please speak to your nurse.

What tools do I need for good mouth care?

At a minimum, you need

- toothbrush
- toothpaste
- mouthwash
- denture cleaner

Supplies are available if you have not brought them with you.

How can I make sure I am cleaning my mouth properly?

When cleaning teeth:

- Use a soft-bristle toothbrush
- Make sure you clean all surfaces (including teeth, gums, and tongue).

When cleaning dentures:

- Rinse dentures with cool water and remove any food pieces.
- Scrub all the surfaces.
- Don't forget to brush the inside of your mouth (gums and tongue) with a toothbrush
- Rinse dentures again before putting them into your mouth
- Always put in the upper dentures first.