

OK Senior Smiles



Remember to brush twice a day for two minutes. Brushing every night is **VERY important!**

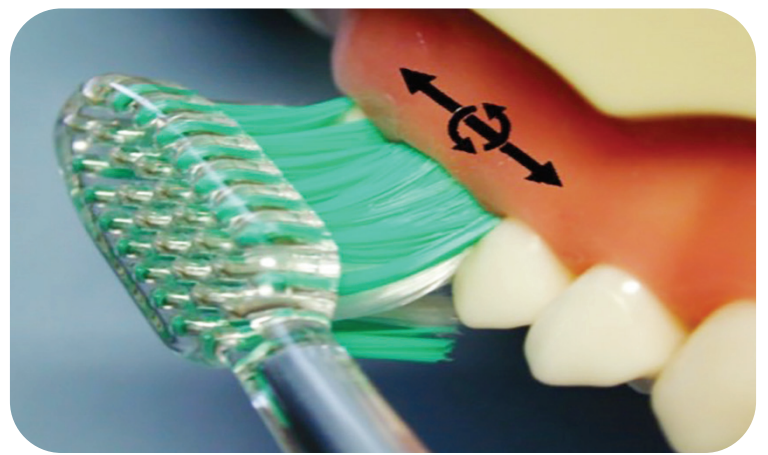


OKLAHOMA
State Department
of Health

This publication was issued by the Oklahoma State Department of Health (OSDH), an equal opportunity employer and provider. 100 copies were printed by OU Printing at a cost of \$140.00. A digital file has been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries in compliance with section 3-114 of Title 65 of the Oklahoma Statutes and is available for download at www.documents.ok.gov. | Issued July 2021 | 21054DHS

How to Brush Your Teeth

Do not scrub teeth; Gently brush teeth.



Brush using light vibratory and roll motion.



Brush the outside, inside and tops of the teeth.



How to
Clean
Between Teeth



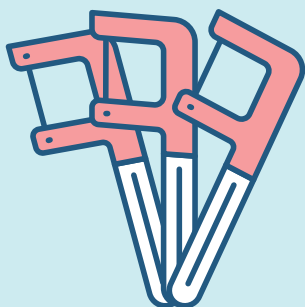
OK Senior Smiles



**Gently move floss
between two teeth in a
seesaw motion.**



**Wrap the floss in a “C” shape
around the tooth. Slide the
floss under the gum and
move up and down several
times to clean.**



**For those that are unable to use floss for
interproximal cleaning, Floss Picks, Soft-Picks
or an interdental brush may be used.**



**OKLAHOMA
State Department
of Health**

This publication was issued by the Oklahoma State Department of Health (OSDH), an equal opportunity employer and provider. 100 copies were printed by OU Printing at a cost of \$140.00. A digital file has been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries in compliance with section 3-114 of Title 65 of the Oklahoma Statutes and is available for download at www.documents.ok.gov. | Issued July 2021 | 21054DHS



Denture Care

OK Senior Smiles



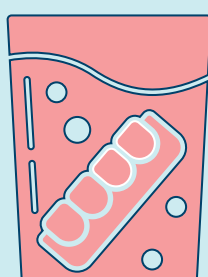
Dentures should be brushed daily.



1. Place a towel or water in the sink to prevent breakage.



2. Hold denture in the palm of your hand. Scrub denture with the denture brush and paste. Rinse



3. Remove residents' dentures/partials every night and store in a labeled container with clean water.



**OKLAHOMA
State Department
of Health**

This publication was issued by the Oklahoma State Department of Health (OSDH), an equal opportunity employer and provider. 100 copies were printed by OU Printing at a cost of \$140.00. A digital file has been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries in compliance with section 3-114 of Title 65 of the Oklahoma Statutes and is available for download at www.documents.ok.gov. | Issued July 2021 | 21054DHS

OK Senior Smiles



Daily Oral Hygiene Saves Lives



A dirty mouth can lead to:

- **Pneumonia**
- **Diabetes**
- **Heart Disease**
- **Stroke**
- **More serious symptoms from COVID-19**



Good oral hygiene involves brushing, cleaning between teeth, denture care and prevention of dry mouth.



OKLAHOMA
State Department
of Health

Screening
Saves Lives

**OK
Senior
Smiles**



Here's where to look:



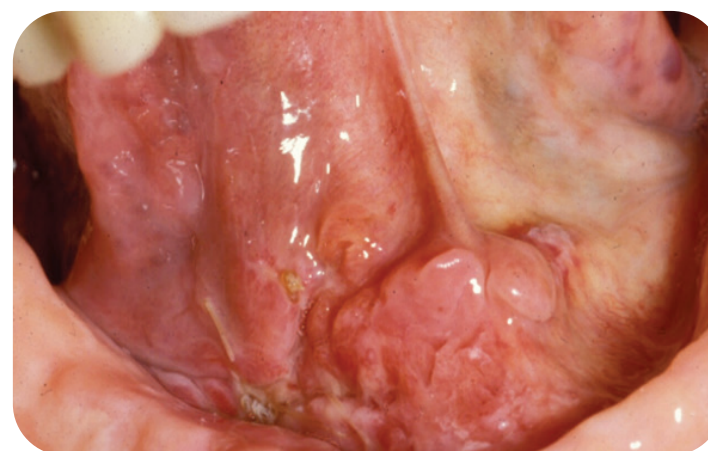
Lips



Cheeks



Tongue



Under the tongue



Throat



OKLAHOMA
State Department
of Health

This publication was issued by the Oklahoma State Department of Health (OSDH), an equal opportunity employer and provider. 100 copies were printed by OU Printing at a cost of \$140.00. A digital file has been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries in compliance with section 3-114 of Title 65 of the Oklahoma Statutes and is available for download at www.documents.ok.gov. | Issued July 2021 | 21054DH5