

PPRS Mouth Care Training

A PPRS staff member may assist and perform Mouth Care which includes denture care and oral hygiene after successfully completing the PPRS Mouth Care Training. Mouth care should be provided several times a day. Mouth care should be performed before breakfast, after meals, and at night before they goes to sleep. At PPRS consult with Beverly Seemann and follow the care binder information chart on who needs to receive Mouth Care and Denture Care.

As with other procedures, practice safety precautions and wear gloves during oral care procedures. Oral care keeps the mouth and teeth clean and without odors. It prevents cavities, infections, gum disease and bad breath. It is a very important part of care. If a person needs your help with mouth care, give them as much help as they need.

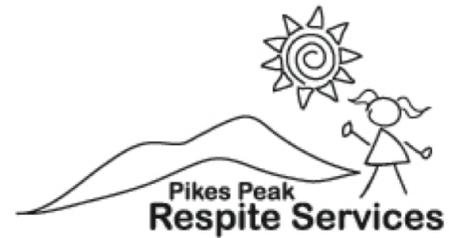
Also, please label the client's toothbrush and supplies with their name and room number and store them in the locked closet. It is never ok to use the same toothbrushes with other clients.

PPRS does not conduct mouth care or denture care on anyone who is unconscious, someone that has difficulty swallowing, or are a choking risk.

The same materials and procedures are used for Mouth Care and Denture Care as per: "www.nursingassistanteducation.com/site/.../nae-pc1-eng.php" & "www.free-ed.net/sweethaven/medtech/nursefund/default.asp?iNum=2&fraNum=030104"

Materials needed:

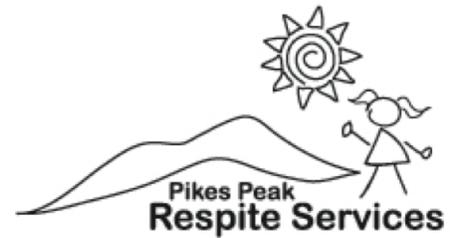
- Disposable gloves
- Toothbrush & toothpaste
- dental floss
- Emesis basin
- Face towels



- Washcloth
- Wash basin or sink
- cool water (NOT HOT)
- Lipstick, chap stick or Vaseline

Mouth Care Procedure:

- 1) Greet the individual and explain that you are doing mouth care by brushing their teeth or denture care
- 2) Wash your hands and put on your gloves
- 3) Obtain materials listed above
- 4) Provide privacy (close door, pull curtains)
- 5) Place the individual in a sitting position if they are in a bed. They should be at a 45-degree angle to prevent choking if the doctor allows them to be up at this angle (or assist to sit by bathroom sink, if possible)
- 6) Put a towel or protective cover over their clothing and top sheet to keep these items dry and clean.
- 7) Remove dentures if they have them.
- 8) If they need your help, wet the toothbrush with water and put the toothpaste on the toothbrush
- 9) Gently brush all surfaces of the teeth, the gums, tongue and cheeks.
- 10) Have them rinse and swish their mouth with cool fresh water. Use a straw if needed.
- 11) Have them spit the remaining water into the emesis basin
- 12) Floss between the teeth with dental floss

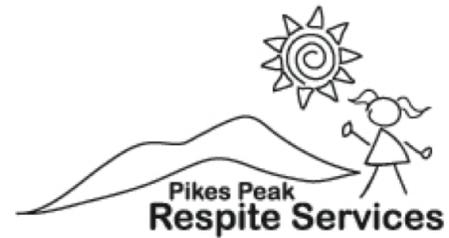


- 13) Have them rinse their mouth with cool fresh water and spit out the excess into the emesis basin
- 14) Use mouthwash when needed. Have them swish it and spit the remainder into the emesis basin.
- 15) Clean and dry the skin areas around the mouth.
- 16) Apply lipstick, chap stick or Vaseline to keep the lips from drying out
- 17) Clean or dispose of all the equipment and leave the area clean unless you are about to do denture care.
- 18) Remove towel
- 19) Clean all equipment and supplies
- 20) Remove and discard gloves
- 21) Make sure client is safe and comfortable
- 22) Clean materials and store in proper location
- 23) Place soiled bath towel in laundry container to be washed
- 24) Wash your hands
- 25) Record what you have done. Report any unusual condition.

Denture Care Procedure:

If the person has dentures, denture care is done before the rest of the mouth care. Denture care is given using the following steps:

- 1) With washed and gloved hands, remove or have them remove their dentures. If you are removing them, it is best to hold the upper denture and gently pull them down and out of the mouth. To remove the lower denture, hold them and gently pull them up out of the mouth.
- 2) Place the dentures in the emesis basin or denture cup



- 3) Line the sink with a paper towel or water to help avoid any denture breakage should you drop them.
- 4) Run cool or room temperature water. Do NOT use hot water. Hot water can damage dentures.
- 5) Rinse the dentures
- 6) Gently brush the dentures using a toothbrush and toothpaste while holding the safely and firmly in your hand.
- 7) Rinse the dentures under the running water
- 8) Place the dentures in a denture cup or emesis basin with cool water or mouthwash until they are put back in the client's mouth after mouth care.

If they remove their dentures at night, they should be cleaned and put in the denture cup with water, mouthwash or a denture cleaning tablet until the morning. Make sure that the denture cup is labeled with their name and room number. Keep them in a safe place so they do not fall or get thrown into the trash by mistake.

If you observe any of the things below during oral care, they must be reported to Beverly Seemann and documented on the care chart:

- 1) Sore, redness or bleeding in the mouth, on the gums, cheeks or lips
- 2) Pain during mouth care
- 3) Coating of the tongue or cheeks
- 4) Broken teeth or dentures
- 5) Bad breath

Any questions?