

## Special Tooth brushing Aids

**Dr. Barmen Super brush** Three sided, surround special toothbrush



**Bedi Mouth Prop** The device comfortably and securely keeps the mouth open while the caregiver carries out oral care.



**Open wide- Mouth rest**



**Top Tip**

Use reminders and prompts. A small amount of tooth-paste on the Individual's lip may prompt them to open their mouth.



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If you require this information in another format please contact:  
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Whittington Health **NHS**

Community Dental Services

Helping with Toothbrushing  
for Dementia Patients

Practical Tips



.... caring for you



# Modified Oral Care Techniques to Simplify the Task of Tooth Brushing

The most useful approach to improve communication with cognitively impaired adults is to break the task down into small achievable steps:

**Bridging** The caregiver starts brushing the individual's teeth and the individual takes over.



## Chaining

To improve sensory connection: the individual holds a toothbrush while the caregiver brushes the teeth.



## Hand over Hand Technique

Caregiver's hand is placed over the individual's hand to guide them through the task of tooth brushing.



## Distraction

By singing, getting them to hold an item or gentle touch and talking.



## Rescuing

A second caregiver or person enters a situation and offers to 'help' the individual by taking over for the initial caregiver.



## Body Language & Caring Attitude



## Right Environment



## Standing in Front Position



## Cuddle Position from back or side



## Say "EEEE" to clean in between teeth

