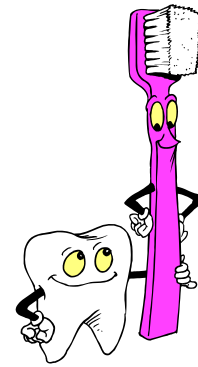


Oral Health Care

For Special Smiles

Caregiver Information



A Caregiver who has the ability to help a special needs person with their daily tooth brushing will also be providing a great asset to overall oral health.

To provide effective tooth brushing you must do three things:

1. **ACCESS:** Position yourself so you are both comfortable and able to get to their teeth and gums.
2. **VISIBILITY:** You must be able to see clearly what you are doing so choose a well lit convenient location.
3. **CONTROL:** It is important to have control of the person's head, hand and body movements that can interfere with cleaning.

- ① Explain what you are going to do, be calm and move in slow and a reassuring manner to avoid startling the person.
- ① Schedule tooth brushing during a time of day when the person seems receptive and is not agitated or tired.
- ① Wash your hands and put on disposable gloves.
- ① Position yourself behind the person so you are able to support the head, and take care to prevent choking or gagging when the head is tilted back.
- ① Place the palm of your hand along their cheek, your thumb in-between their lips and teeth while placing your index finger under the chin...this will allow you to keep control of the head while keeping the lip clear from the teeth.
- ① Move around in the mouth in a pattern from one section to the next using the Circular Scrub Method.
- ① Once brushing is well established, floss and flossing aids can be introduced.

