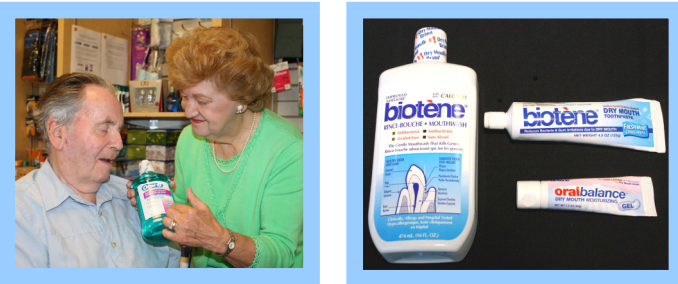# PRODUCTS: WHAT TO USE AND WHERE TO FIND THEM

Choose products based on individualized daily care plans developed with caregivers and oral health professionals

MOUTH CARE RECOMMENDATIONS

- **Lip & Tissue Moisturizers:**
  - Use water-soluble lubricants such as those made by Biotene®, Labello/Nivea® or K-Y® Jelly

- **Toothpaste:**
  - Choose one with fluoride for cavity prevention
  - Choose a mild flavour that appeals to the individual
  - Use a very small amount, ½ the size of a pea
  - Use dry mouth toothpaste for less foam and better visibility

- **Mouth care for people with swallowing concerns:**
  - No rinsing; wipe up as you go with gauze or cloth
  - Avoid tilting head back to prevent swallowing paste & debris

- **Product storage to prevent bacterial growth:**
  - Thoroughly wash, rinse and tap dry brushes
  - Store products in open container to air dry; not in cupboard, drawer or close to toilet
  - Clean and dry denture cups regularly

- **Product precautions:**
  - Some mouth care products can be harmful if swallowed, e.g. denture tablets and mouthwash with alcohol
  - Prescription mouth care products should be used with the guidance of health care professionals

LOCATING HELPFUL PRODUCTS

- **ASK what products are stocked at your Personal Care Home or local drug store.**

- **ASK your pharmacist about these products:**
  - Soft-bristled toothbrushes with handles safe to use as mouth props, such as:
    - Oral B® Cross Action 35 toothbrush
    - Gum® 490 or 491 Technique toothbrush

  - Dry mouth products, such as:
    - Biotene® Oral Balance (water based moisturizer)
    - Biotene® Toothpastes (low-foaming with fluoride)
    - Biotene® Mouthwashes (no alcohol)

  - Non-alcohol fluoride mouthrinse, such as Oral B®

  - Small brushes to clean between teeth, such as:
    - Oral B® End Tufted Brush
    - Oral B® Interdental Brush System
    - Gum® 308 End Tuft Brush
    - Gum® Proxabrush Cleaners

- **ASK at Meyers Drugs about specialty products:**
  483 William Avenue in Winnipeg - (204) 943-1466
  - 3-sided time-saving toothbrushes:
    - Specialized Care Surround® toothbrush
    - Collis-curve™ toothbrush

  - Specialized Care Open Wide® mouth rest