

Brushing Someone's Teeth

- Follow infection control procedures
- Wear appropriate protective equipment, especially gloves

- Have the person sit in a suitable chair, preferably by a sink, or appropriately positioned in bed
- Wet their toothbrush and apply some toothpaste to the brush
- Cover their clothes with a suitable waterproof covering
- Cover their bed, pillow etc. with a suitable waterproof covering
- Starting with their upper teeth, in a circular and up and down motion, gently brush their gums downwards to brush their teeth, making sure you clean the back of the teeth too
- Do the same with their lower teeth
- Gently brush their tongue to make sure it is clean too
- A mouthwash of half water and half mouthwash will help them rinse their mouth (if cleaning their teeth away from a sink, they will need a basin to spit out the solution)
- Repeat the process a few times to make sure the teeth, gums and tongue are clean
- Dry around their mouth and chin
- Dispose of any waste products, linen etc. according to relevant procedures

