

Daily Oral Care Checklist

Toothbrushing should be done twice a day, especially at bedtime.

Daily Oral Care Checklist

- ☐ Wash hands and wear gloves.
- ☐ Gather supplies: toothbrush, toothpaste, cup of water, towel, gloves, and flashlight.
- ☐ Position the person safely—upright, stable, and well supported.
- ☐ Brush for 3 minutes using small circular motions along the gumline.
- ☐ Brush the tongue gently.
- ☐ Wipe mouth / don't rinse.
- ☐ Clean dentures daily and soak in in a labeled container overnight
- ☐ Record completion on care log or checklist.

Signs to Report to a Nurse or Dentist

- ☐ Red, swollen, or bleeding gums. ☐ Cracked lips or corners of mouth. ☐ Loose teeth or dentures.
- ☐ White patches, sores, or growths. ☐ Refusal to eat or drink. ☐ Facial swelling or pain.

A few minutes of daily brushing protects the person's health and makes your job easier by preventing pain and illness.

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