Oral Health for Seniors
Caring for Your Teeth and Mouth

Maryland
DEPARTMENT OF HEALTH

Tips to Make Brushing and Flossing Easy

- Use a toothbrush with a big handle.
- Bend the handle. It may make it easier to hold.
- Use an electric toothbrush.
- Use a floss pick.

Clean Germs Away That Stick to Your Teeth and Dentures

- Clean dentures daily
- Only use a denture cleanser
- Do not sleep with dentures in
- Brush and floss your natural teeth twice a day.
- Brush your gums, tongue, and palate

Tips for Dry Mouth

Some medicine you take may cause dry mouth. Talk to your dentist if you have dry mouth.

- Drink plenty of water – best with fluoride in it.
- Suck on sugar-free hard candy.
- Chew sugar-free gum.
- Avoid caffeine drinks, alcohol, and fruit juice.
- Use a humidifier to keep moisture in the air.

Talk to Your Dentist

Be sure to tell your dentist:

- If you take blood-thinning medication
- About any medical conditions
- What medicine you take

Resources

- If you have medical assistance (Medicaid), visit the Maryland Healthy Smiles Dental Program for coverage details and to locate a dental provider: health.maryland.gov/mmcp/Pages/maryland-healthy-smiles-dental-program.aspx.
- If you do not receive medical assistance (Medicaid), contact your local health department or social services office, or locate free and low-cost dental care: health.maryland.gov/phpa/oralhealth/Pages/OlderAdults.aspx.