

Top Tips for you

- Visit a dentist
- Show them this card
- Mention your dementia or that you have memory problems
- Ask about preventing problems with teeth and gums later on
- Brush 2 x daily with a strong fluoride toothpaste
- Ask about a prescription for special high fluoride toothpaste
- Spit out but don't rinse after brushing
- Keep sugary food and drink to mealtimes as much as possible
- Ask your doctor for sugar-free medicines

How to find a local NHS dentist

1. Check NHS Choices online:
www.nhs.uk/Service-Search/Dentists/LocationSearch/3
2. If you have an urgent dental problem, phone: the Dental Helpline on 0161 476 9651 from 9am to 9.30pm every day, including weekends and Bank Holidays

For further information:
Alzheimer's Society Factsheet 448

- Dental care and dementia:
www.alzheimers.org.uk

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Dementia
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Dentistry

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Your mouth care matters!

Show this card to your dentist

Patient's Name:

.....
.....

Please discuss the options available to protect my teeth and prevent mouth problems as the dementia progresses.



For the Dental Team:

This person will need your professional advice and support as their dementia progresses.

Follow the preventive principles for adults of concern in **Delivering Better Oral Health** and talk to them about how their dentition will be managed through their illness.

Dental team checklist:

- The importance of oral health in dementia
- A preventive care plan
- Treatment needed which will help keep teeth and gums 'trouble free' in the future.
- Prevention aids:
 - Fluoride varnish
 - Prescription for high fluoride toothpaste
 - Chlorhexidine
 - Electric toothbrushes

