







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

- Check NHS Choices online: www.nhs.uk/Service-Search/ Dentists/LocationSearch/3
- 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 Friendly Dentistry



Cheshire and Merseyside

Dementia Friendly **Dentistry**

NHS **England**





Your mouth care matters!

Show this card to your dentist











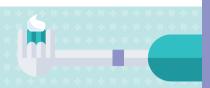


Patient's Name:

.....

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





