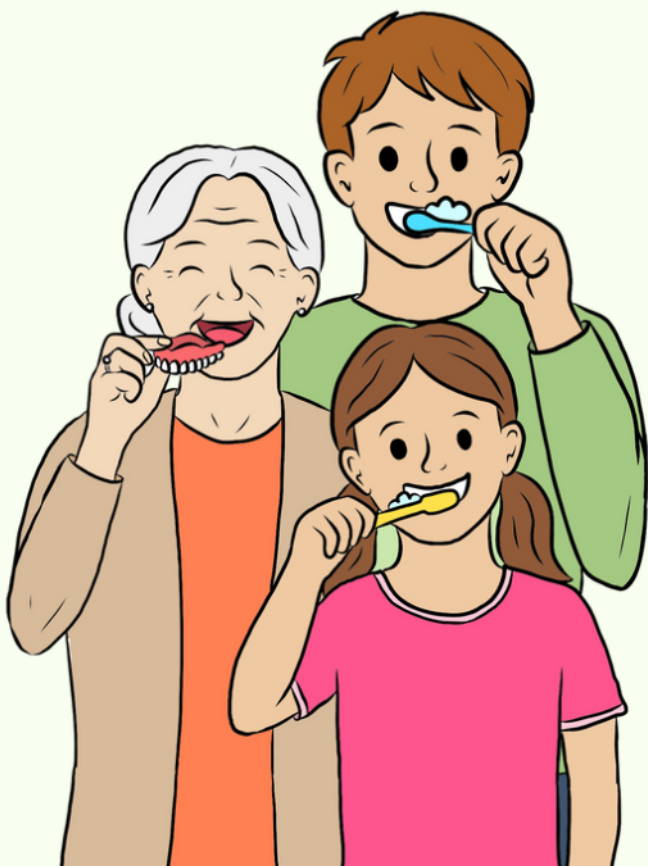


A Guide TO A HEALTHY SMILE



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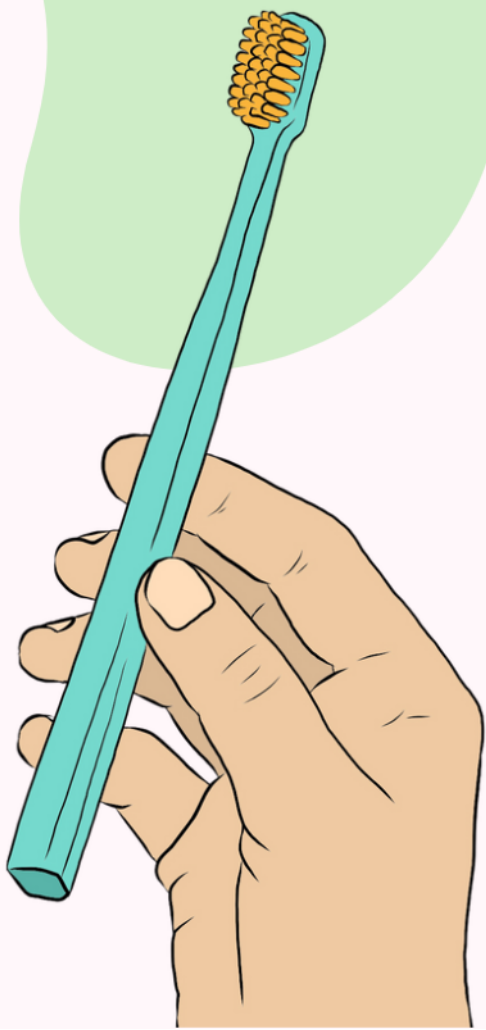
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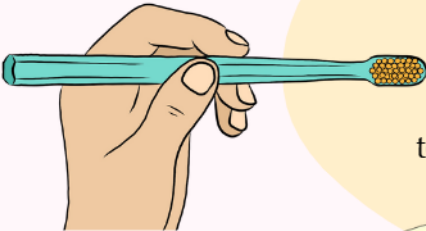
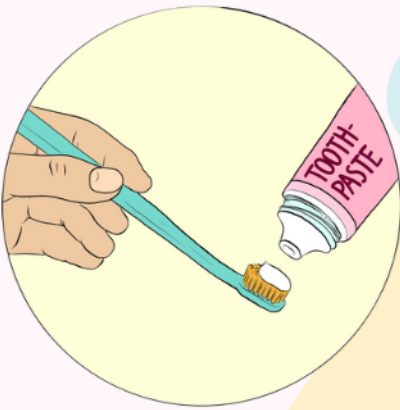
BRUSHING WITH A TOOTHBRUSH



1

Apply toothpaste to your toothbrush.

Hold the toothbrush like a pen to avoid pressing too hard on your teeth and gums.



2

Spread toothpaste evenly on your teeth.

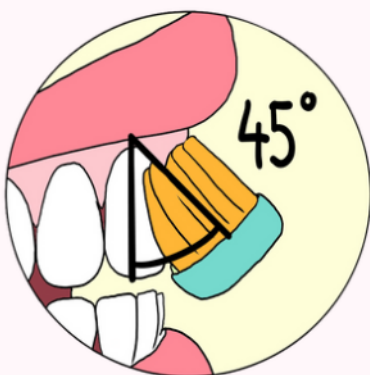


3

Gently position the brush head along the gumline.



Hold it at a 45-degree angle with half the bristles on your gums and half on your teeth.



Brush your teeth with small, gentle circular movements, 10 circles per tooth.



4

Begin with harder-to-reach places – the inner surfaces of your teeth and the back molars.

5

Continue on the outside. Hold the brush at a 45-degree angle at all times and brush with circular motions.



6

Finish with
the chewing
surfaces,
brushing back
and forth.



7

Repeat the
whole process
on the upper
teeth.



8

Don't forget
to clean the
hard-to-reach
areas along
the inside
of the upper
and lower row
of teeth.



Use a **SINGLE-TUFT
TOOTHBRUSH**
for hard-to-reach areas.



This brush is especially effective
for cleaning the back teeth ...



**GAP
BETWEEN
TEETH**

... and for
teeth next
to a gap.



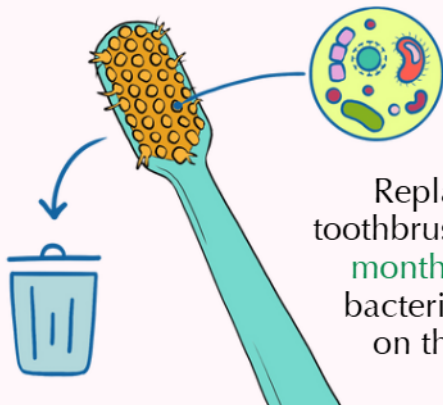


After brushing,
spit out the
toothpaste
without rinsing
your mouth.

Why is this important

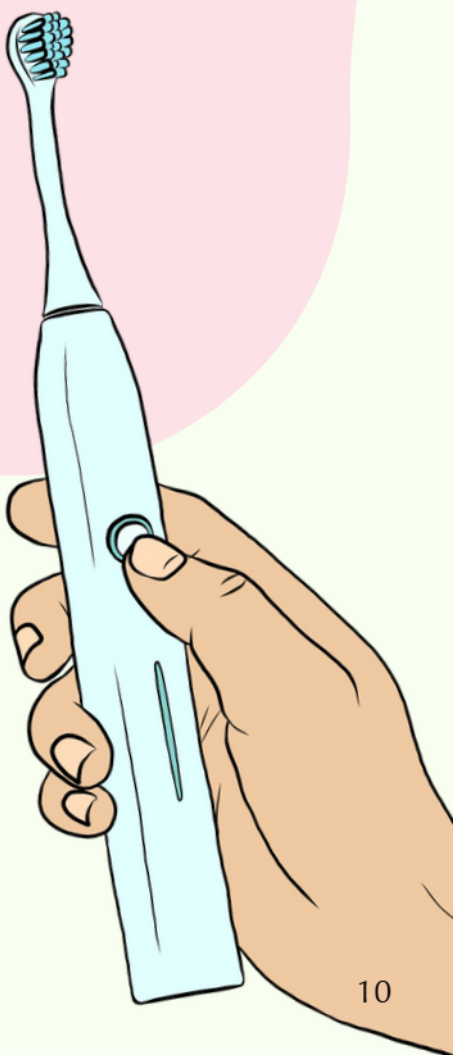


Most toothpastes contain **FLUORIDE**.
Fluoride has been proven to prevent
tooth decay effectively, as it helps
replace lost minerals in tooth enamel
and strengthens teeth.



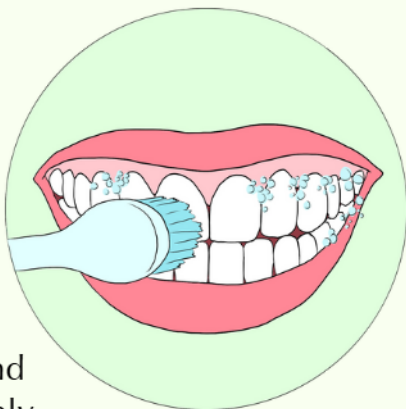
Replace your
toothbrush **every two
months** to avoid
bacterial buildup
on the brush.

BRUSHING WITH A SONIC TOOTHBRUSH



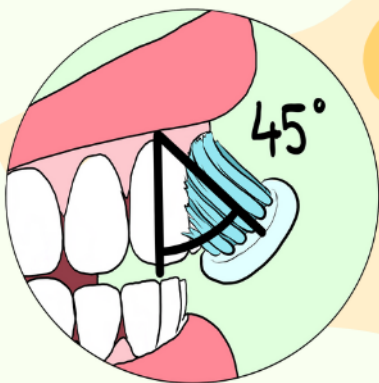
1

Apply toothpaste to your toothbrush and spread it evenly on your teeth.



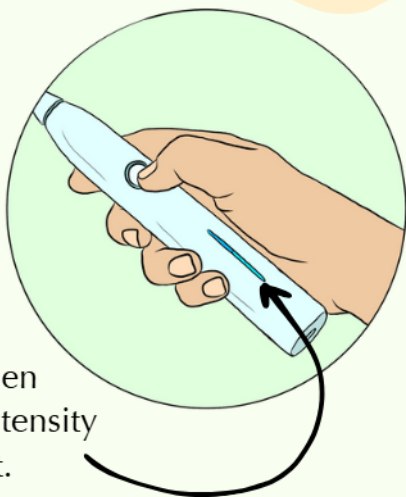
2

Position the brush head along the gumline, where the teeth meet the gum, and press the button to activate the brush.



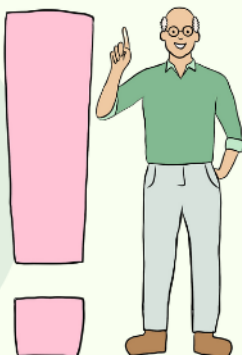
3

Select a brushing mode by pressing and holding the button, then choose the intensity that feels best.

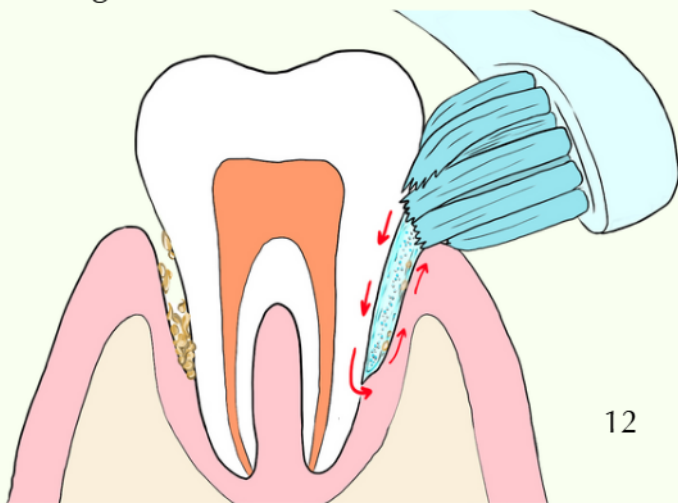


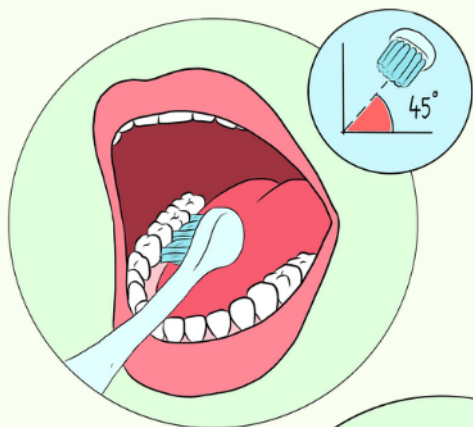
REMEMBER

Move the toothbrush **gently** across each tooth. Avoid pressure.



Let the toothbrush's sonic action effectively clean between your teeth and gums.





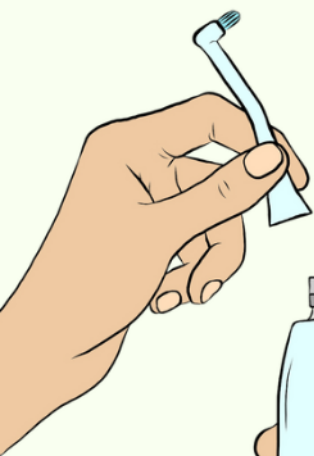
Thoroughly
clean all
your teeth.



Don't forget harder-to-reach tooth
surfaces along the palate and the tongue.



Choose the
**SINGLE-TUFT
BRUSH HEAD** to
effectively clean
hard-to-reach
areas, such as
back molars
and teeth next
to a gap.





After brushing,
spit out the
toothpaste
without
rinsing your
mouth.

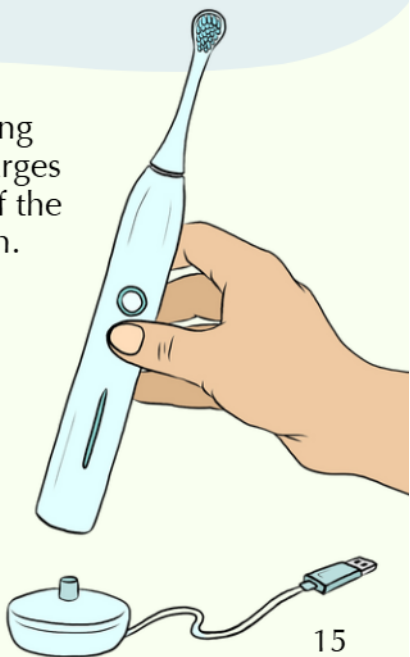
Why is this important



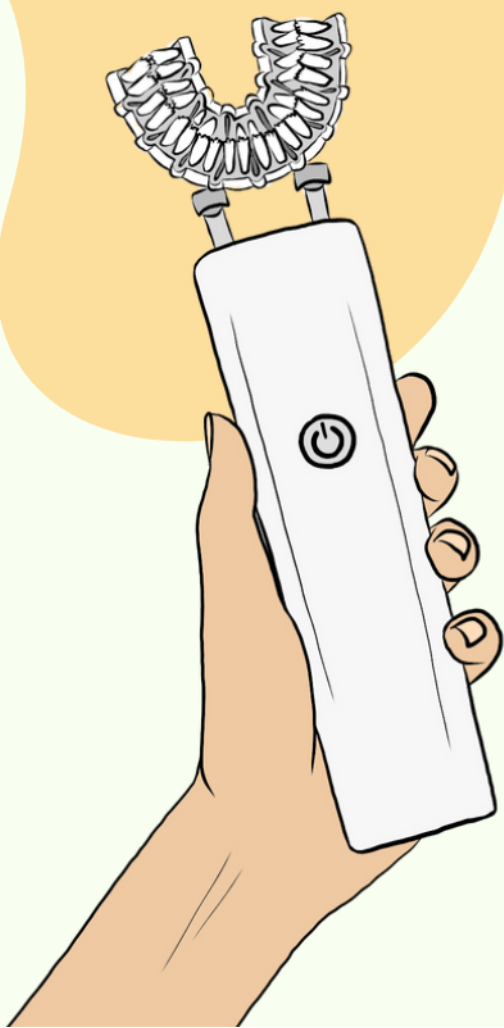
Most toothpastes contain **FLUORIDE**.
Fluoride has been proven to prevent
tooth decay effectively, as it helps
replace lost minerals in tooth enamel
and strengthens teeth.

The charging
station recharges
the battery of the
toothbrush.

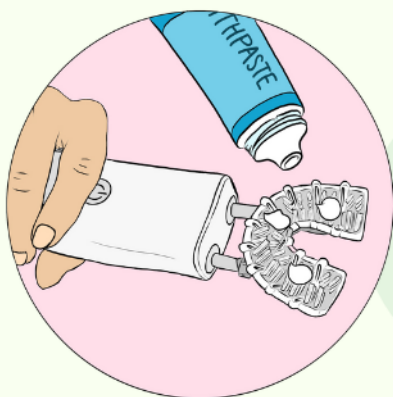
Replace the
brush head
**every two
months.**



BRUSHING WITH A ROBOTIC TOOTHBRUSH



A toothbrush that cleans effortlessly!

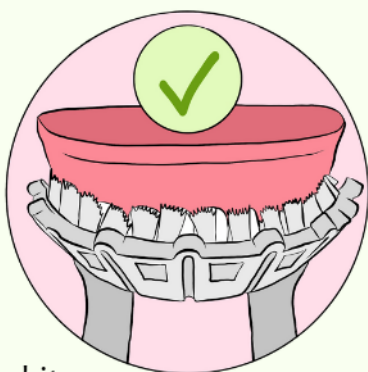


1

Apply
toothpaste
in three
locations.

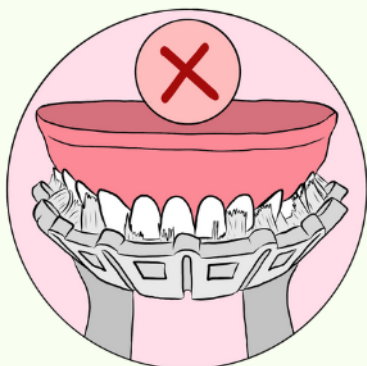
2

Place the brush
head onto your
upper teeth,
closing your lips
completely around it.

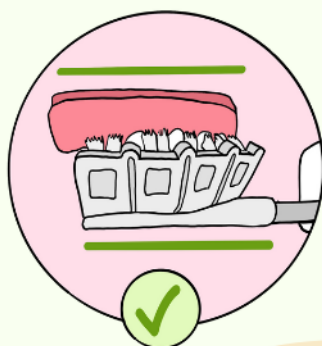


3

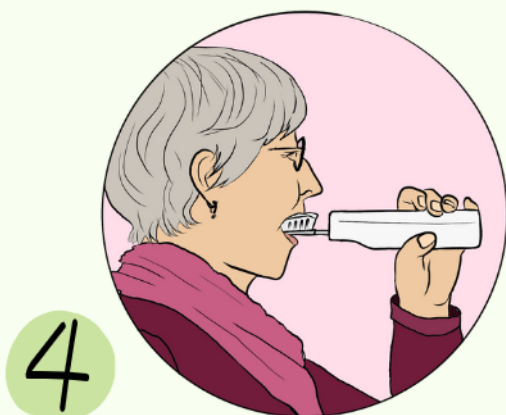
Ensure
bristles reach
the gumline,
**covering all
your teeth.**



Hold the brush head **flat against your teeth** without tilting it.



Do not bite the toothbrush too hard.
Gently hold it between both jaws.

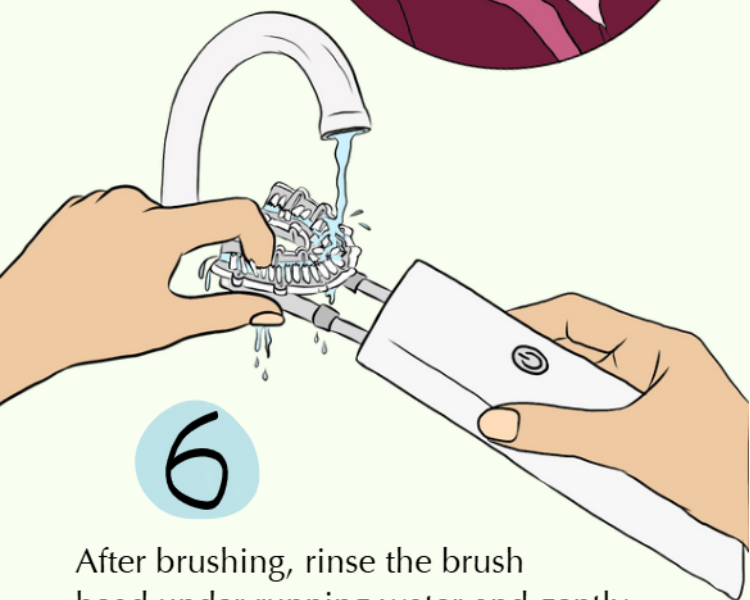


Relax your face muscles and **press the power button.**
Let the brush do its work.

After 30 seconds the toothbrush will
stop automatically.

5

Turn the brush
around and
place in on
the lower jaw.

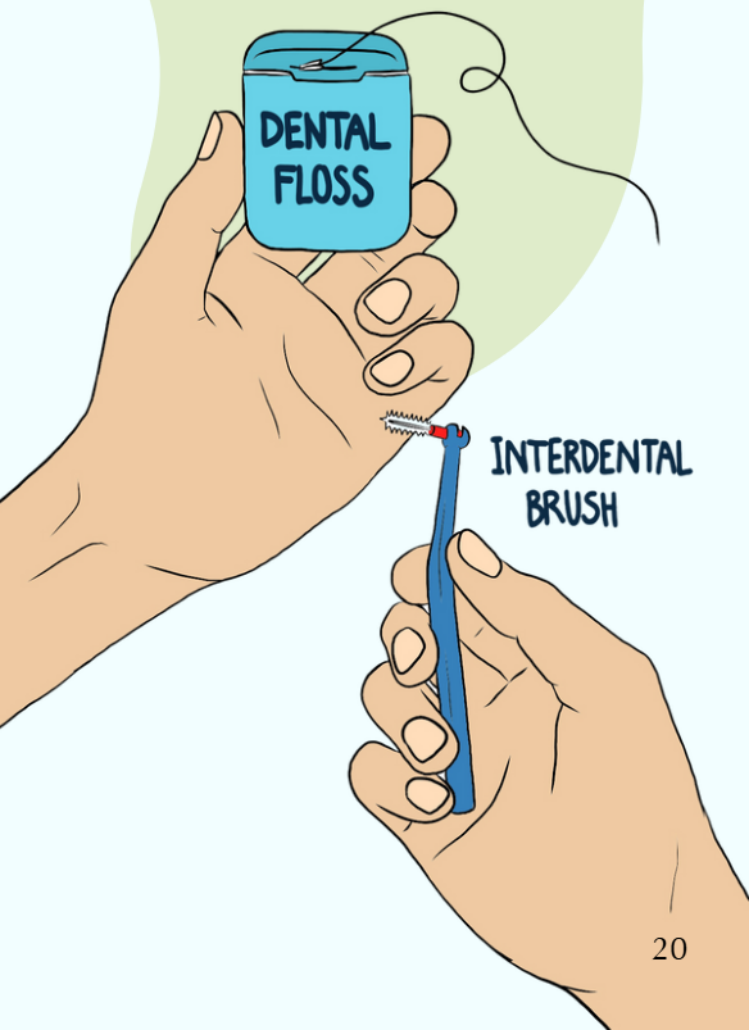


6

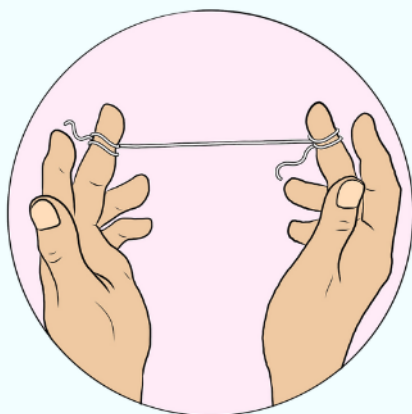
After brushing, rinse the brush
head under running water and gently
remove any remaining toothpaste
or debris with your fingers.

Replace the brush head
every three months.

CLEANING THE SPACES BETWEEN TEETH



DENTAL FLOSS

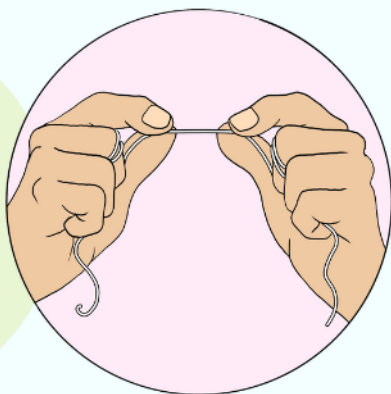


1

Tear off about 30 centimetres of dental floss and wrap it around your fingers.

2

Hold the floss tightly between your thumbs and index fingers.

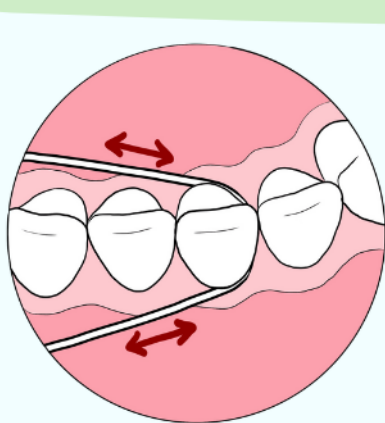


3

Gently slide the floss between your teeth **down/up to the** gumline.



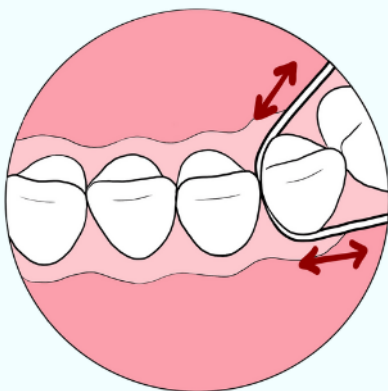
At the gumline, curve the floss into a C shape around one tooth.



Gently rub the side of the tooth.

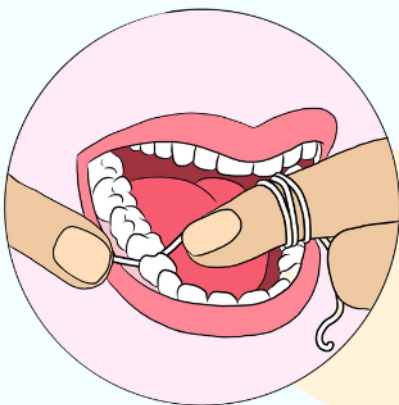
4

Move the floss away from the gumline and repeat on the other tooth.



5

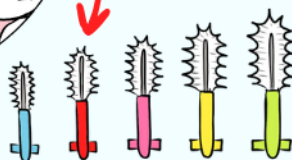
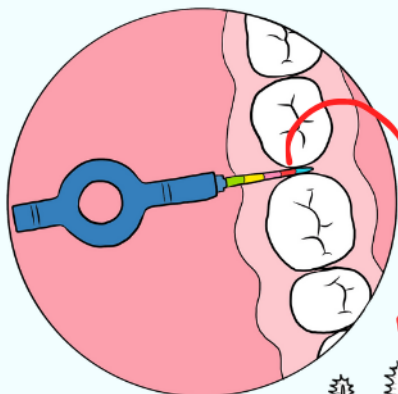
Use floss to thoroughly clean all spaces between your teeth.



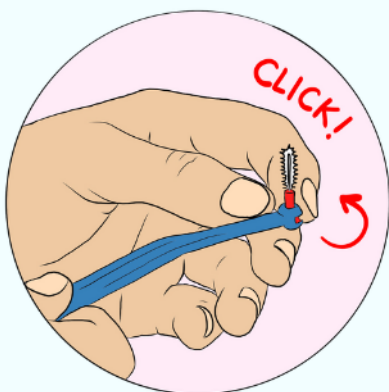
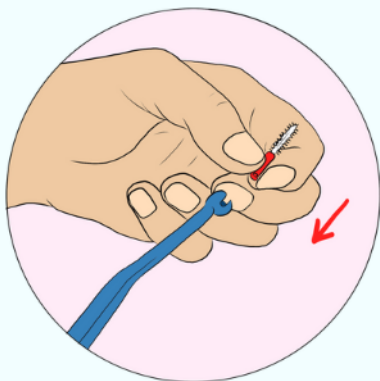
INTERDENTAL BRUSH

1

Use measuring probe to determine appropriate size.



Insert the probe between your teeth; the last colour visible indicates the appropriate size of the interdental brush.



2

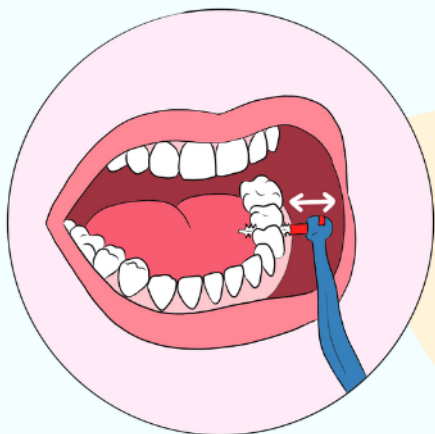
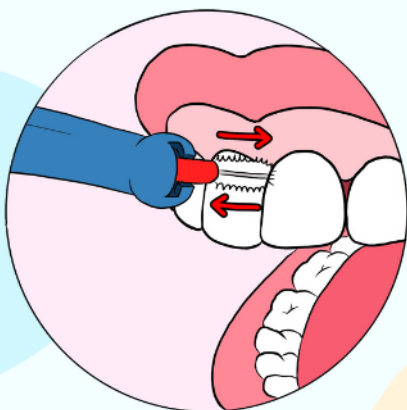
Simply attach the selected brush to the handle.

3

Position the interdental brush to the space between the teeth and the gumline.

4

Gently insert it into the space between the teeth and pull it out.



Thoroughly clean each space between your teeth.

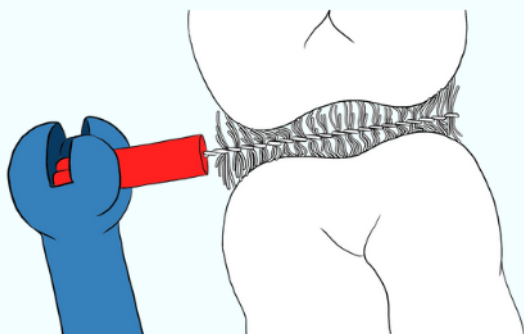
IN AND OUT. ONCE A DAY.

Use dental floss and/or interdental brush **once daily**, preferably in the evening, either before or after brushing your teeth.

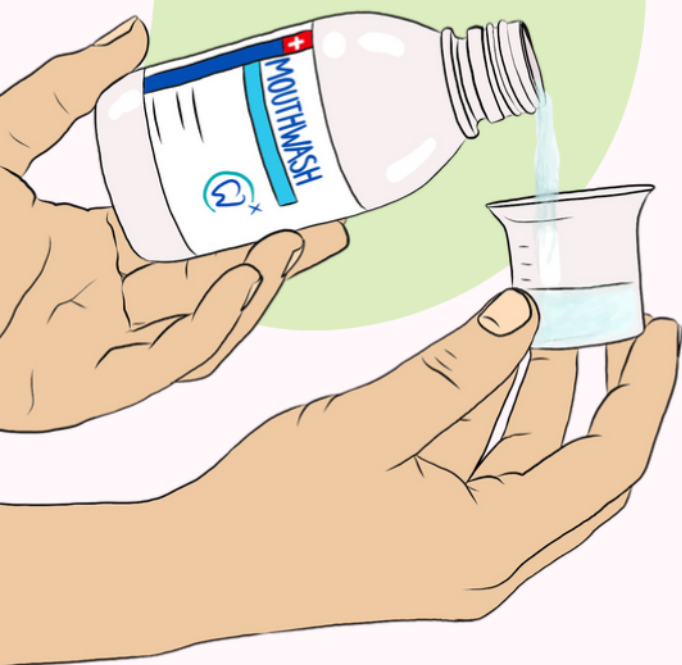
What should you pay special attention to



The interdental brush should always fill the entire interdental space. If it doesn't fit, select a smaller size. If it feels too loose, choose a larger size.



USE OF MOUTHWASH



MOUTHWASH YES OR NO?

Use **Chlorhexidine (CHX)** mouthwash only if prescribed by your dentist, for severe gum inflammation or after dental procedures.



Routine mouthwash is unnecessary. Thorough brushing with the toothbrush and interdental cleaning with brushes and/or floss is sufficient.

HOW TO USE A MOUTHWASH



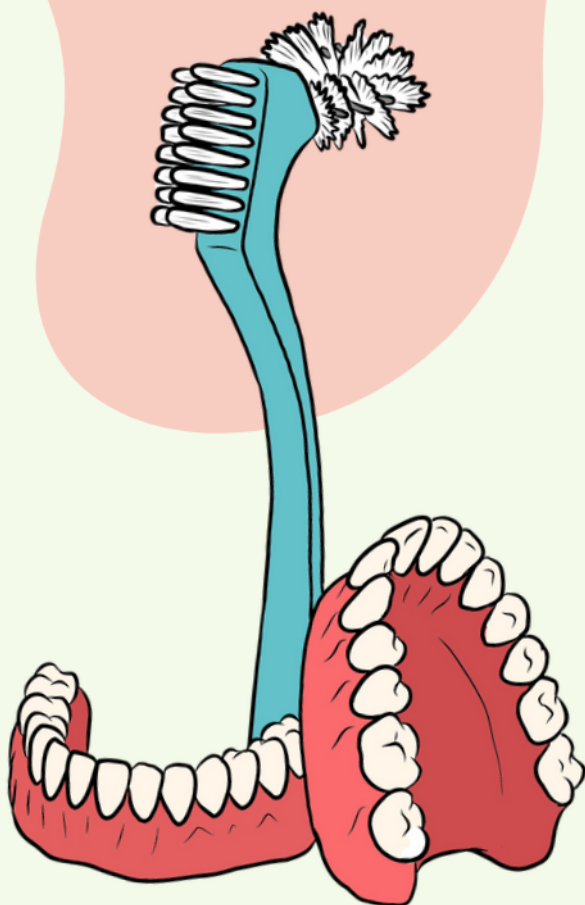
Rinse with 10 ml of undiluted mouthwash for 60 seconds twice daily.



After swishing it in your mouth for 60 seconds, spit it out without rinsing with water.



CARING FOR DENTURES



To ensure your dentures last longer, proper care is essential. After each meal, rinse your mouth and clean the dentures under running water. At night, thoroughly clean them using the tools provided in a denture cleaning kit.

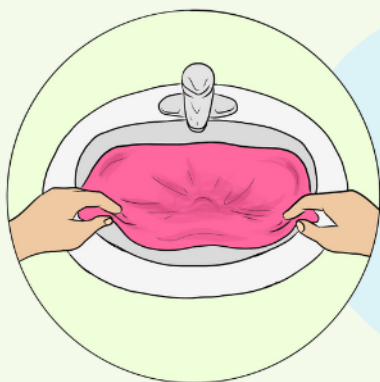


Denture cleaning kit includes:

- regular toothbrush
- denture cleaning brush
- denture cleaning gel for **daily** use
- denture cleaning concentrate for **weekly** use
- denture cleaning and storage container

In the evening, use a denture cleaning brush with **daily** cleaning gel.

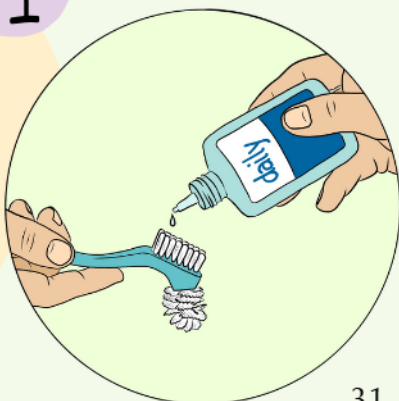
Avoid using toothpaste, as it can roughen dentures and encourage plaque buildup.



Clean your dentures over a sink covered with a towel to avoid damage if they fall.

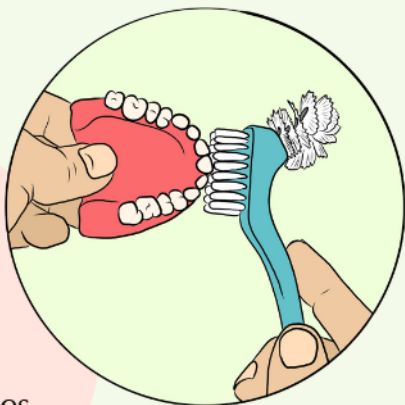
Apply 2–4 drops of gel to the regular bristles of your denture cleaning brush.

1



2

Use them to clean the artificial teeth and outer, convex surfaces of the dentures.



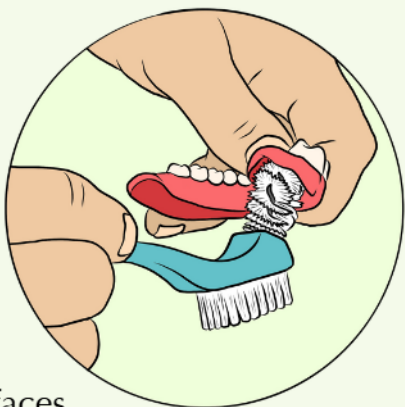
3

Apply 2–4 drops of gel to the omega-shaped spiral bristles.



4

Use them to clean the inner, concave surfaces of the dentures.

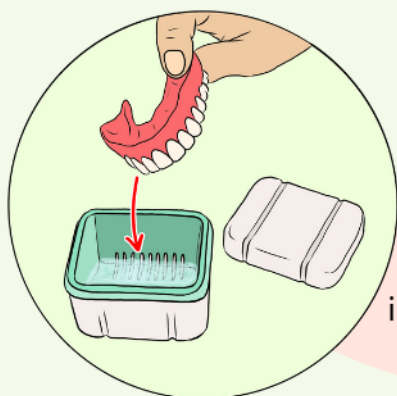
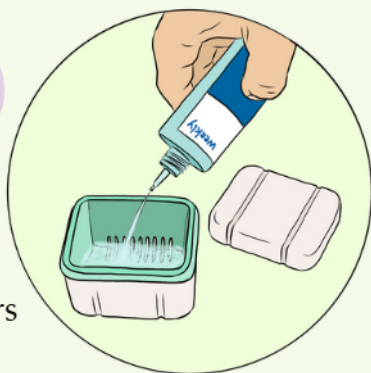


Whenever the dentures are not in the mouth, they should be stored in a denture container (or a glass) filled with water. Once a week, add the concentrate for **weekly** cleaning to the water.



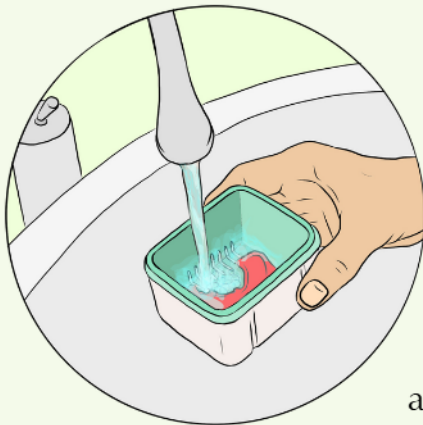
This will disinfect the dentures and prevent the growth of harmful bacteria.

1
Pour the concentrate into the container until it completely covers the bottom.



2
Place the dentures in the container.

3



Fill the container with warm water, maintaining a 1:10 ratio of concentrate to water.

4

Dentures should stay fully submerged in the solution for 6 hours.



Despite thorough cleaning, soft and hard deposits accumulate on dentures over time, requiring professional care.



Schedule **regular** dentist visits for complete cleaning.

These oral hygiene instructions were tailored for older adults with cognitive decline, but they are suitable for all ages.

These training materials have been developed by the authors within the framework of the COMFORTage project (Prediction, Monitoring and Personalized Recommendations for Prevention and Relief of Dementia and Frailty, 2024–2027), and its Pilot 7: Mind & Mouth, Faculty of Medicine, University of Ljubljana, Slovenia.

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Learn more about the COMFORTage project at: comfortage.eu



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