

# A user guide for mouth care products

The purpose of this guide is to provide you with information on **mouth care products** which may be available and useful for children and young people (CYP) within a special educational setting (SES). Please note that products may change and be discontinued and that Mini Mouth Care Matters is not affiliated with any brand, company or product.



# Toothbrushes



A small headed toothbrush can be used on all children and young people, the small head means that it can be useful for those who have limited mouth opening and / or a sore mouth. A toothbrush can be used for more than just cleaning the teeth and gums; they can also help clean the tongue, apply mouth gel and help to keep the mouth hydrated with water.

## How to guide

1

Use a toothbrush appropriate for the child or young person



2

Use a smear for children under 3 years, a pea sized amount of toothpaste for over 3 years



3

Support the child, standing in front of a mirror if possible



4

Brush gently at first using small circles or a short side to side movement



5

Brush upper teeth, outside, inside and the biting surface they chew with



6

Brush lower teeth, outside, inside and the biting surface they chew with



7

Don't forget to make sure the bristles of the toothbrush reach the gum line



8

Ask the child to spit the toothpaste into the sink and to not rinse the mouth out



9

Rinse the toothbrush thoroughly and allow to air dry



10

Remember to brush at least twice a day, last thing at night and at one other time of the day for 2 minutes



# Specialist toothbrushes



Dr Barmans Superbrush is a 3-headed- toothbrush, cleaning 3 areas of the tooth at the same time.

Each side covers each surface of the tooth. Inside, outside and the top surface of the teeth.

## How to guide

1

Follow steps for general toothbrushing



2

Place the superbrush over the teeth and brush one or two teeth at a time using a short gentle scrub



3

Tilt the superbrush slightly to remove plaque from along the gum line



4

The superbrush cleans 3 sides of the teeth at the same time



5

The bristles are angled in 45 degrees to clean along the gumline to prevent build-up of plaque



6

Ask the child to spit the toothpaste into the sink and to not rinse the mouth out



7

Clean the toothbrush thoroughly and allow to air dry



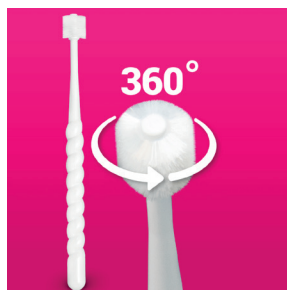
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Remember to brush at least twice a day, last thing at night and one other time of the day for 2 minutes



# Oralieve 360 Toothbrush

The 360 bristles clean multiple surfaces of the mouth simultaneously. A small head to get to hard to reach areas of the mouth, with soft bristles to provide a gentle clean to sore or sensitive mouths. The 360 brush is a safe alternative to a foam sponge. It is ideal for applying dry mouth gel as well as cleaning the teeth.



## How to guide

### Use during toothbrushing:

1

Use appropriate size brush for the child or young person



2

Rotate the brush the brush in a sweeping motion against the teeth (similar to box 2 on other side)



3

Ask the child to spit the toothpaste into the sink and to not rinse the mouth out



4

Clean the toothbrush thoroughly and allow to air dry



5

Remember to brush at least twice a day, last thing at night and one other time of the day for 2 minutes



### Application of mouth gel:

1

Apply mouth gel to the brush



2

Use soft sweeping motion against the inside of the mouth to apply gel and massage gently



3

Clean the toothbrush thoroughly and allow to air dry



# The Collis Curve Toothbrush



The collis curve toothbrush is very popular with those with autism and sensory processing disorders. The two outer rows of the brush are curved and gently nestle their way between the tooth and the gumline.



## How to guide

1

Follow steps for general toothbrushing



2

Slide the brush over the teeth until the curved bristles touch the gum line



3

Move the handle to brush back and forth on each tooth until you have cleaned



4

Move the toothbrush from side to side like a rocking motion



5

Ask the child to spit the toothpaste into the sink and to not rinse the mouth out



6

Clean the toothbrush thoroughly and allow to air dry



7

Remember to brush at least twice a day, last thing at night and on one other time of the day for 2 minutes



# Electric Toothbrush

An electric toothbrush is a toothbrush that makes rapid automatic bristle motions either back and forth or rotation oscillation in order to clean the teeth. They can be battery operated or chargeable. Electric toothbrushes can come with timers and / or pressure sensors. Whichever one you try, the small brush head is perfect for cleaning those hard to reach places in the mouth.



## How to guide

1

Make sure the toothbrush is fully charged



2

Place the toothpaste on the brush head (only a smear for under 3 years old, pea sized for over 3 years old)



3

Start with the outside surfaces of the teeth



4

Guide the brush head slowly from tooth to tooth holding the brush head in place for a few seconds, making sure the bristles are to close the gum line



5

Repeat on the inside surfaces of the teeth



6

Repeat on the chewing surfaces and behind the back teeth



7

Make sure you direct the brush head along the gum line and on the gums. Again, do not press hard or scrub



8

Once all the top teeth are clean, start on the bottom and repeat as above



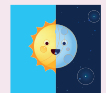
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Clean the toothbrush thoroughly and allow to air dry



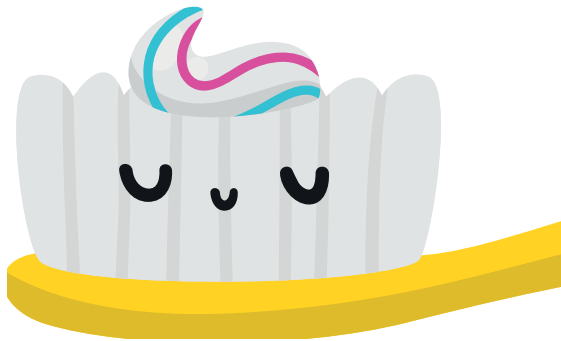
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Remember to brush at least twice a day, last thing at night and one other time of the day for 2 minutes



# Toothpastes

Although most children and young people are able to use regular toothpastes. There are non-foaming toothpastes available, such as those that are sodium lauryl sulphate free. These toothpastes are safer to use for those children and young people with conditions such as dysphagia, dry mouth, individuals who are nil by mouth, or suffer from frequent mouth ulcers. Additionally, children and young people who are also unable to follow direction due to age or special care requirements may benefit from this.



There are multiple non foaming toothpastes available to buy, the list below is not exhaustive. Please advise a fluoride toothpaste with a minimum of 1000ppm fluoride content (recommendation varies with age).

- Sensodyne daily care
- Ultradex toothpaste
- Oralieve toothpaste
- Oranurse unflavoured toothpaste
- Sensodyne pro enamel
- Aquafresh children's little teeth
- bioXtra dry mouth mild toothpaste
- Biotene toothpaste

# Oranurse Non foaming toothpaste

This toothpaste is formulated for people who are sensitive to strong flavours, it is sodium lauryl sulphate- free (non- foaming). It is free from sodium lauryl sulphate, as well as artificial colours and flavours and is vegan friendly.

- 1000ppm fluoride
- 1450ppm fluoride



## How to guide

1

Choose the correct strength of toothpaste required for the age of the individual



2

Under 3 years: smear of toothpaste



3

Over 3 years: pea sized amount of toothpaste



4

Follow toothbrushing techniques



5

Discourage eating, licking or swallowing of toothpaste





# Oralieve toothpaste

This toothpaste contains the same natural enzyme system in saliva, which protects your mouth from bacteria which can cause plaque build-up and ultimately lead to dental caries.

It is designed specifically to not irritate a dry mouth and have a very mild flavour. It is sodium lauryl sulphate free (low foaming). It is suitable for vegetarians and contains Xmylitol.

The toothpaste comes in one option:  
1450ppm fluoride



## How to guide

1

Under 3 years smear  
of toothpaste



2

Over 3 years a pea  
sized amount of  
toothpaste



3

Follow toothbrushing  
techniques



4

Discourage eating,  
licking or swallowing  
of toothpaste



# BioXtra dry mouth toothpaste

This toothpaste is formulated for those who are sensitive to strong flavours, it is sodium lauryl sulphate free (non foaming) and has a very mild flavour.

The product contains protein extracts from milk, and therefore is not suitable for children and young people with milk allergies or those on a vegan diet.

The toothpaste comes in one

option:

1450ppm fluoride



## How to guide

1

Choose the correct strength of toothpaste required for the age of the individual, this product only comes in 1450ppm



2

Under 3 years smear of toothpaste



3

Over 3 years: pea sized amount of toothpaste



4

Follow toothbrushing techniques



5

Discourage eating, licking or swallowing of toothpaste



# Products for dry mouth (Xerostomia)

Dry mouth or Xerostomia refers to a condition in which the salivary glands in your mouth do not make enough saliva to keep your mouth wet.

There are many products available for dry mouth available as oral sprays and gels with the purpose to relieve the symptoms of dry mouth.

They are not an alternative to toothbrushing with a fluoride toothpaste and mouth care.

This list below is not exhaustive.

# Mouth moisturising gel

## Oralieve Gel

Specifically designed for anyone who suffers from dry mouth to help keep the mouth moist. Works instantly to relieve the symptoms of mouth dryness. The gel can last 2-5 hours per day and 8 hours at night. Contains xylitol to help prevent tooth decay.



### How to guide

1

Using either a soft toothbrush, a MouthEze oral cleanser or a gloved finger (if safe to do so) apply the gel around the front of the gums



2

If the child / young person can use their tongue ask them to spread the gel around the inside of the mouth



3

If unable to use the tongue a soft toothbrush can make this easier



4

If the lips are dry or are cracked you apply a small amount of the gel to soften



# Oralieve Moisturising Mouth Spray

Specifically designed for anyone who suffers from dry mouth to help keep the mouth moist. One application can last 1-2 hours. It is in an easy to use pump dispenser and works instantly.



## How to guide

1

Wash hands before use



2

Gently shake the bottle and spray on the dry areas



3

One spray can last between 1 – 2 hours



# BioXtra Dry Mouth Spray

The formulation quickly and effectively moisturises, soothes and eases oral discomfort of dry mouth (xerostomia). It helps strengthen enamel and fight against the formation of dental caries, whilst promoting fresh breath and comfortable gums. For convenience and immediate moisturisation during the day, spray directly into the mouth as often as required.



## How to guide

1

Wash hands before use



2

Gently shake the bottle and spray on the dry areas



3

Use as often as required



# Tooth Mousse

Tooth mousse is a product to reduce hypersensitivity and restore mineral balance in people with salivary deficiencies such as dry mouth or when oral hygiene procedures are difficult. Tooth mousse rapidly reduces sensitivity and helps to neutralise the pH in the mouth, keeping it healthy.



## How to guide

1

After brushing your teeth, use a clean dry finger or cotton tip to apply sufficient (approximately 1 gram) paste to coat all upper and lower teeth



2

Leave on the teeth undisturbed for a minimum of 3 minutes



3

Then use your tongue to spread the remaining product throughout the mouth



4

Hold in the mouth for a further 1-2 minutes



5

The longer GC tooth mousse and saliva are maintained in the mouth, the more effective the result



6

Spit out thoroughly and if possible avoid rinsing. Any tooth mousse remaining on the tooth surface can be left to gradually dissipate



7

Following use do not eat or drink for 30 minutes following application

