



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



# Oral Hygiene Aids

## Áiseanna Shláinteachas Béil



Older people and those who are dependent or in palliative care may benefit from a range of oral hygiene aids designed to help keep mouth and gums healthy.

## Toothbrush Adaptors



Toothbrush adaptors can be used when there is reduced hand mobility (Ask the dental team for advice on how to adapt for your patients/clients).

## Collis Curve

A Collis Curve toothbrush can brush the insides, outsides and biting surfaces of the teeth at the same time. It is useful for people with poor coordination or those who are dependent or in palliative care.

*(Available from Price's Medical Hall or website [www.colliscurve.co.uk](http://www.colliscurve.co.uk))*

## Superbrush

A Superbrush works in the same way as a Collis Curve.



*(Available from Price's Medical Hall, Celtic Marketing and Dent-O-Care Ltd.)*

## Dental Shields

Dental Shields or Fingerstalls fit over the finger of a carer, and form a bite-proof wedge which helps to hold the mouth open for cleaning.



*(Available from Price's Medical Hall and Dent-O-Care Ltd)*

Dent-O-Care have a special needs oral health catalogue which includes a similar product, called the Openwide disposable mouth rest.



## Te-Pe Products

Te-Pe products include an extragrip which fits over the handle of the TePe and other toothbrushes, and a selection of various sizes of interdental brushes useful for cleaning between teeth.



*(Available from Celtic Marketing or any pharmacy)*

## Dry Mouth / Xerostomia

The **BioXtra** range of products include toothpastes, alcohol free mouthwashes (Oral hygiene), moisturising gels & sprays (Saliva substitutes), sugar free chewing gum and sucking tablets (Saliva stimulants), specifically aimed at people with dry mouths.

BioXtra's active ingredients simulate the same healing and protective factors of saliva itself and are also useful for people with Candida (thrush), mucositis and stomatitis. The toothpaste is non foaming and is useful for people who cannot spit, and for those with special needs.

*(BioXtra is available from Pamex Ltd., Price's Medical Hall, Dent-O-Care, or any pharmacy)*



A similar range of products is called **Biotène**, which includes gels & liquids to be used as saliva substitutes, non-foaming toothpastes, and alcohol free mouthwashes to help with oral hygiene.

*(Available from GlaxoSmithKline or any pharmacy)*

A patient survey carried out in the Dublin Dental Hospital found that people with dry mouths found the following helpful:

- sipping water (99%)
- BioXtra / Biotène gels (70%)
- Sugar free / BioXtra chewing gum (70%)

*(McCarthy & Waldron. 2005.)*

The use of a humidifier at night may also be useful as it keeps the air moist.

## Sensitive Teeth / Gum Disease

Many toothpaste companies now provide toothpastes designed to help relieve the pain of sensitive teeth. The **KIN GINGIVAL** range of products include non alcoholic antibacterial mouthwashes and non-foaming toothpaste. **PerioKIN** spray and gel are especially useful for people with special needs. The **SENSIKIN** range (Toothpaste, mouthwash & gel) is aimed at people with sensitive teeth.

*(KIN products are available from Pamex Ltd., Price's Medical Hall or any pharmacy)*

*Dent-O-Care products include a very soft toothbrush suitable for people undergoing chemotherapy or with extreme teeth sensitivity.*



## Waterbased Mouth Moisturisers

People who are dependent or in palliative care need to have their mouths clean and well moisturised to optimise comfort and care. **Water based mouth moisturisers** are preferable to lemon and glycerine swabs which can irritate sensitive mouth tissues.

The **Toothette** oral swabs are available untreated or treated with waterbased moisturisers.



*Toothette oral swabs are available from ISKUS Health. This company also supplies toothbrushes and swabs with suction systems for people at risk from Ventilator Associated Pneumonia.*

## Mouthwashes

**BioXtra, KIN and Biotène** include alcohol free mouthwashes for people with dry mouth, sensitive teeth and gum disease. Mouthwashes are also available which contain Fluoride to help prevent against tooth decay and Chlorhexidine to help prevent gum disease. They should not be used by people who are unable to spit.

**Corsodyl** is available from pharmacies and contains both Fluoride and Chlorhexidine and can be useful as a short term oral hygiene aid where brushing is difficult. It can also help with mouth ulcers and denture stomatitis.

**Diffiam Spray** (Benzylamine hydrochloride) is available from pharmacies and is used for people with painful sore throats or mouth ulcers. It should not be used for more than 7 days.

**KIN GINGIVAL and PerioKIN** gel and spray also contain Chlorhexidine, and are useful for the treatment of Gingivitis and Periodontitis.



## List of suppliers

<p><b>Dent-O-Care Ltd.</b> 7 Cyngus Business Centre, Dalmeyer Road, London NW10 2XA UK Tel: 0044 20 84597550 www.dentocare.co.uk</p>	<p><b>TePe Products</b> Celtic Marketing Ltd. 11 Synge Place Dublin 8. Ireland. Tel: 01 454 6035 Fax: 01 478 3431</p>
<p><b>Price's Medical Hall</b> 26 Clare Street Dublin 2. Ireland. Tel: 01 6761899 pricesmedicalhall@eircom.net</p>	<p><b>Pamex Ltd.</b> 14 Moneen Business Park, Castlebar, Co. Mayo. Ireland. Tel: 094 902 4000 Fax: 094 902 2824 www.pamex.com</p>
<p><b>ISKUS Health Ltd.</b> Magna Drive, Magna Business Park, City West Road, Dublin 24. Ireland. Tel: 01 404 8380</p>	<p><b>GlaxoSmithKline</b> Consumer Healthcare, Stonemason's Way, Rathfarnham, Dublin 16 Ireland. Tel: 01 495 5000 Fax: 01 495 5575</p>