

## Chapter 13

### ORAL CARE

#### PROCEDURE FOR ASSISTING WITH ORAL HYGIENE:

1. Gather necessary equipment.
2. Wash your hands. Put on gloves.
3. Explain what you are going to do.
4. Dilute mouthwash (1 ounce mouthwash to 1 ounce water).
5. Assist client to bathroom or upright sitting position.
6. Pour water over toothbrush; instruct or assist client to put a small amount of toothpaste on the toothbrush.
7. Instruct or assist client to brush along gum line then brush teeth up and down on both sides.
8. Instruct or assist the client to brush the biting surfaces of the molars (back teeth) with a back-and-forth motion.
9. Instruct or assist the client to brush the tongue gently.
10. Instruct or assist client to rinse his mouth with water.
11. Allow client to spit water into emesis basin or sink; wipe lips with towel.
12. Provide client with mouthwash (may use a straw); instruct client to swish around in mouth and spit out, cautioning client not to swallow mouthwash.
13. Allow client to spit into emesis basin or sink; wipe lips with hand towel.
14. If available, lubricate lips with lip balm.
15. Remove, clean, and store equipment.
16. Remove and dispose of gloves.
17. Wash your hands, wash client's hands.
18. Make client comfortable.
19. Record observations and report anything unusual to nurse/supervisor.