**Appendix G: Brief Reference – Oral Hygiene Products**

**Remember!**
Ensure all products are labeled with the client’s name.

The following table is not intended to be all-inclusive, but rather provides examples for a range of practice settings of products currently utilized in the provision of oral hygiene care in a range of practice settings.

<table>
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<tr>
<th>Products</th>
<th>Usage</th>
<th>Note</th>
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| **Toothbrushes** | Manual | - Soft bristled toothbrushes are preferred to avoid injuring the teeth and gingiva (gums)  
- Small headed toothbrushes (pediatric) may be more effective at reaching difficult areas (the shape and size of the toothbrush should be chosen to suit the patient's mouth for optimal delivery of oral care) (Darby & Walsh, 2003; [Online] Available at [http://www.cda-adc.ca/en/oral_health/cfyt/dental_care/flossing_brushing.asp](http://www.cda-adc.ca/en/oral_health/cfyt/dental_care/flossing_brushing.asp))  
- Toothbrushes should be replaced at least every three months  
- Place toothbrushes upright and allow to air-dry  
- All oral tissues should be brushed not just teeth. Those with dentures need to brush oral tissues with a soft brush. |
|            | Powered    | - Oscillating, rotating powered toothbrushes can be more effective in removing plaque than traditional manual toothbrushes (Robinson, Deacon et al, 2005)                                                      |
|            | Suction    | - Clinical reports suggest the use of suction toothbrushes in individuals diagnosed with dysphagia or those who are intubated                                                                 |
| **Oral Rinses** | Regular | - Alcohol-based oral rinses should be avoided for patients who experience dry-mouth  
- Compounded oral rinses should be avoided  
- Oral rinses should contain fluoride for dentate individuals  
- Fluoride is a chemical agent which remineralizes and protects teeth from demineralization (Wyatt and MacEntee, 1997)  
- Products containing fluoride (toothpastes and oral rinses) are only necessary for dentate patients |
|            | Chlorhexidine | - Chlorhexidine rinse or gel is an antimicrobial agent  
- Consult with pharmacist, dental team and/or physician before using this product. A prescription is required  
- Long-term use of chlorhexidine oral rinses can result in taste alterations and brown staining of oral hard tissues and dentures  
- Fluoride products should be used a minimum of two hours apart  
- Preferred concentration of product is 0.12% (without alcohol for individuals with dry mouth) |