

TASK LIST FOR PATIENTS WITH TEETH

**(If the patient is able to have water,
mouthwash, and toothpaste)**

- Check with the charge nurse for restrictions and special instructions on providing oral care
- Check the individualized oral hygiene plan for specific instructions on care posted in the room
- Greet patient and explain what you are doing while setting up your supplies
- Position the patient-make sure patient is seated or elevate head of the bed
- Place a towel around the patient's neck
- Wash hands thoroughly
- Put on gloves, mask and safety glasses
- Lubricate the patient's lips
- Wet the toothbrush with water
- Put toothpaste on the brush (pea size amount)
- Place the toothbrush along the gumline and move in a circular motion, being sure to touch the gums with the toothbrush bristles
- Teeth should be brushed as close to 2 minutes as possible
- Brush the tongue by using a gentle sweeping motion towards outside of mouth
- Help the patient to swish with water and spit it into a paper cup
- Repeat the rinsing with mouthwash
- Floss the teeth or use a proxabrush (or in-between brush) if able to get it between the teeth
- Dry the patient's mouth and face with a clean towel
- Lubricate the patient's lips once more
- Rinse toothbrush, allow to air dry
- Return all materials including brush to designated area
- Remove and dispose of gloves and other protective gear
- Wash hands
- Make a note that you provided oral care and the date

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