

Caring for your
mouth in your
senior years



Keep smiling

Keeping your teeth healthy throughout life is important for many reasons.

A healthy mouth is essential for your overall health and quality of life.

As part of aging, your mouth will go through changes. Use this leaflet as a guide for maintaining good oral health so that you can keep on experiencing life in the best of ways.



Taking care of a changing mouth

Today, we not only live longer, but we also keep our teeth longer. Often, our natural teeth have fillings and exist in combination with bridges, partial prostheses, or implants. This can make it challenging to maintain a good level of daily oral self-care, leading to an increasing risk of developing oral disease.

Getting older doesn't automatically mean dental problems. However, as you get older, there will be changes to the teeth and oral mucosa, and possibly changes in the quality and quantity of saliva. Changes in the mouth happen gradually and are determined by your genetics but also environmental and lifestyle factors.

Caring for your mouth is just as important as any other life choice, including nutrition, exercise, and a good night's sleep.

Your teeth changes over time

Time, along with normal, active use of your teeth coupled with years of brushing can cause tooth wear. The outer layer of the tooth, the enamel, can chip and you might see more lines in your teeth. The teeth also generally darken with age, but this doesn't mean your teeth are not healthy. Talk to your dental professional if you have questions about the appearance of your teeth.

The importance of saliva

Saliva lubricates, rinses, cleans, and neutralises acids and is essential in protecting your mouth. A reduced salivary flow is a common side effect of medications. Also, some diseases, such as diabetes, can reduce the salivary flow. With a dry mouth, the risk of caries increases dramatically and can also lead to more sensitive gums. TePe's selection of extra soft toothbrushes and interdental brushes ensures that you can keep cleaning comfortably.

Gum disease is common in all adults

Gingivitis (gum inflammation) occurs when bacteria build up along the gum line and between teeth. The bacteria irritate the gums, which become inflamed and bleed easily when cleaned. If bacteria are not removed and the inflammation progresses, gingivitis can develop into periodontitis, where the bone supporting the tooth starts breaking down.

Over time, teeth can become loose. Many people over the age of 60 have periodontitis. Research shows that gum disease is linked to other diseases, such as type 2 diabetes and heart disease.

With periodontitis, gum recession is common, leading to exposed root surfaces. They are not covered by protective enamel, making them more sensitive to hot, cold, or touch and more prone to cavities. Using a fluoride rinse daily may reduce sensitivity and strengthens your teeth.

Healthy eating habits

- Snacking between meals increases the risk of cavities. Soft, sticky foods are difficult to remove and cause prolonged acid attacks. Harder foods stimulate saliva flow.
- Unsalted nuts, cheese, natural yoghurt, and vegetables are good snacks for your teeth.
- Drink water between meals and when you are thirsty. Rinse your mouth with water after each meal.
- Try to stay away from unnecessary sugar
 - your body benefits from stable and low blood sugar.

Caries, cavities, or tooth decay?

It's all the same problem:

Bacteria use sugars to produce acids that attack and dissolve the hard tissues that protect your teeth, creating a cavity.



Premium advice for good oral care



Brush your teeth morning and evening for at least two minutes with fluoride toothpaste. If you experience sensitive teeth, use a fluoride toothpaste dedicated to sensitivity.



Hold the brush at a 45-degree angle to the gum-line. Using light pressure and short strokes, brush all surfaces methodically. We recommend starting with the inside surfaces of the teeth.



Spit out excess toothpaste, but don't rinse after brushing, and avoid eating or drinking for two hours to get the most benefit from the fluoride in the remaining toothpaste.



Don't forget the tooth has five sides and they all need to be cleaned every day. An interdental brush removes plaque most efficiently from between teeth. Standing in front of a mirror with good lighting makes cleaning between teeth easier!

Oral care kit

Toothbrushes

TePe has toothbrushes for different needs and preferences. Choose an extra soft toothbrush if you have sensitive teeth or gums, or a dry mouth.

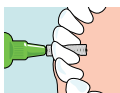
TePe Select™(1) high-quality toothbrush for everyone.

TePe Supreme™ Regular or Compact (2) an innovative brush with two-level bristles for optimal cleaning and better reach.

Cleaning between teeth

Regular interdental cleaning will keep your gums fresh and healthy.

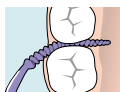
TePe® Interdental Brush Original (3) /Extra soft (4) is the most efficient, user-friendly device for plaque removal between teeth.



TePe Angle™ (5) an interdental brush to reach better further back in the mouth, or to clean from the inside.



TePe EasyPick™(6) a flexible toothpick that comes in three different sizes, excellent for on-the-go freshening during the day.



Extra help

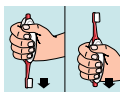
TePe Compact Tuft™ (7) for precision cleaning of hard-to-reach areas.



TePe GOOD™ Tongue Cleaner (8) prevents bad breath and improves oral health.



TePe Extra Grip (9) provides a comfortable, stable grip if you have reduced manual strength or dexterity.





TePe Pure™

This toothpaste is the ideal choice for sensitive oral mucosa and dry mouth. The products contain no foaming or colouring agents, and have either a very mild taste or no added flavouring.

Products for your mouth



Supreme Compact ☐



Supreme ☐



Original

- ☐ 0.4 mm
- ☐ 0.45 mm
- ☐ 0.5 mm
- ☐ 0.6 mm
- ☐ 0.7 mm
- ☐ 0.8 mm
- ☐ 1.1 mm
- ☐ 1.3 mm
- ☐ 1.5 mm



Extra soft

- ☐ 0.45 mm
- ☐ 0.5 mm
- ☐ 0.6 mm
- ☐ 0.7 mm
- ☐ 0.8 mm
- ☐ 1.1 mm



Angle

- ☐ 0.4 mm
- ☐ 0.45 mm
- ☐ 0.5 mm
- ☐ 0.6 mm
- ☐ 0.7 mm
- ☐ 0.8 mm

Easypick

- ☐ XS/S
- ☐ M/L
- ☐ XL



- Compact Tuft ☐
- Tongue Cleaner ☐
- Extra Grip ☐
- Gingival Gel ☐



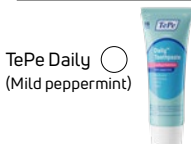
Mouthwash

- (Mild apple /peppermint) ☐
- (Unflavoured) ☐



Mouth Gel / Mouth Spray

- (Mild peppermint) ☐
- (Unflavoured) ☐
- (Mild apple /peppermint) ☐



TePe Daily ☐
(Mild peppermint)



TePe Pure ☐
(Mild peppermint)



TePe Pure ☐
(Unflavoured)

Go to www.tepe.com to learn more.

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