



DENTAL HYGIENE TO YOU

THE CARER'S ORAL HEALTH CHECKLIST

A QUICK REFERENCE GUIDE

A Quick Reference Guide for Vulnerable & Home-Bound Patient Care

The Goal: Identifying oral decline before it becomes a systemic medical emergency.

1. THE CLINICAL RED FLAGS (WHAT TO LOOK FOR)

Observation	Potential Medical Impact
Gingival Bleeding	Gateway for oral bacteria to enter the bloodstream (linked to endocarditis/heart health).
Xerostomia (Dry Mouth)	Often medication-induced. Increases risk of rapid-onset rampant decay and oral thrush.
Unexplained Weight Loss	Can be caused by dental pain or poor-fitting dentures making chewing impossible.
Persistent Halitosis	Can indicate periodontal disease or abscesses that the patient may not be able to communicate.
Increased Agitation	In non-verbal or dementia patients, "behavioral issues" are often undiagnosed can be dental pain.



2. THE ORAL-SYSTEMIC LINK (THE "WHY")

- Aspiration Pneumonia:** Poor oral hygiene increases pathogenic bacteria in saliva, which can be aspirated into the lungs.
- Diabetes Management:** Gum disease can increase blood glucose levels, making diabetes harder to control.
- Cardiovascular Health:** Chronic oral inflammation is a known risk factor for heart disease.

THE CARER'S QUICK CHECKLIST

- Bleeding Gums:** A sign of active infection entering the bloodstream.
- Puffy/Red Gums:** Causes pain that leads to "food refusal" or poor nutrition.
- Dry Mouth:** A common medication side effect that causes rapid decay.
- Persistent Bad Breath:** Indicates deep-seated bacteria or untreated gum disease.
- Difficulty Chewing:** Leads to weight loss and weakness in seniors.

BEDSIDE CARE CHECKLIST


- Hydration:** Are they using saliva substitutes if they have dry mouth?
- Visual Check:** Lift the lip. Are the gums crimson or pale?
- Denture Care:** Are dentures removed nightly and cleaned? Are they loose?
- Referral:** Has the patient had a professional hygiene clean in the last 6 months?

HOW TO REFER A PATIENT

When a patient is home-bound or has limited mobility, getting them to a traditional clinic is a logistical nightmare. **Dental Hygiene To You** provides bedside preventative oral health care.

Contact for In-Home or On-Site Bookings:

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WHO WE ARE



DENTAL HYGIENE TO YOU

SMILES WITHOUT LIMITS

BRINGING DIGNITY & CLINICAL CARE BEDSIDE

Oral health is often the "forgotten" vital sign, yet it is the gateway to systemic health. At **Dental Hygiene To You**, we believe that every individual - regardless of their mobility or location - deserves access to professional preventative care.

Founded to serve the vulnerable, home-bound, and those in aged care, we provide a stress-free alternative to the traditional dental clinic. We bring the equipment, the expertise, and a gentle, patient-centered approach directly to your private home or facility.

OUR SERVICES INCLUDE:

Our Services Include:


- Comprehensive oral examinations and biofilm removal.
- Gentle gum health assessments.
- Medication-induced dry mouth (Xerostomia) management.
- Denture review & suggestions.
- Personalised oral care plans for carers and nursing staff.
- **Integrated Referrals:** If care is required outside our scope, we will connect you directly with dental teams or allied health professionals to ensure a seamless approach.

Ready to prioritise their health?

Booking a home visit is simple. We work around the patient's schedule to ensure comfort and dignity every step of the way.

Serving our local community

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