

ORAL HYGIENE TIPS AND TECHNIQUES

- Place your free hand over the top of the faucet to serve as a point of reference. This will help avoid hitting the faucet or emptying your mouth over it.
- Place the toothbrush on a contrasting washcloth for added visibility when dispensing toothpaste.
- If you have low vision, use brightly colored or striped toothpaste that contrasts with the toothbrush bristles.

To keep track of the toothpaste cap:

- Stand it on end so it does not roll away.
- Hold the cap in your hand or keep it in your pocket.
- Purchase toothpaste with a hinged cap.
- Always place the toothpaste cap in a memorable location.

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AWARE
P.O. Box 96
Mohegan Lake, NY 10547
914-528-5120

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ORAL HYGIENE TIPS AND TECHNIQUES (*cont.*)

Options for dispensing toothpaste:

- Hold the toothbrush bristles between your index finger and your thumb to serve as a guide for toothpaste application.
- Squeeze the toothpaste into your palm and scoop it out with the toothbrush bristles.
- Squeeze the toothpaste into a 1-ounce medicine cup and scoop it out with the toothbrush bristles.
- Squeeze the toothpaste on to your finger and transfer it to your mouth.
- Squeeze the toothpaste directly into your mouth from the dispenser. This method is recommended only if no other persons share the toothpaste dispenser.

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