

### Unit 3 Lesson 1 Oral Hygiene

Use the words from the word bank below to complete the passage about oral hygiene. Check vocabulary word lists and verb lists from this lesson and previous lessons for definitions.

<b>partials</b>	<b>motion</b>	<b>schedule</b>	<b>brush</b>
<b>routine</b>	<b>cracked</b>	<b>loosen</b>	<b>mouth</b>
<b>daily</b>	<b>gums</b>	<b>body</b>	<b>swollen</b>
<b>oral</b>	<b>hygiene</b>	<b>tastes</b>	<b>teeth</b>
<b>tongue</b>	<b>floss</b>	<b>plaque</b>	<b>lips</b>
<b>dentures</b>	<b>unconscious</b>	<b>conscious</b>	<b>factors</b>

The practice of taking care of your \_\_\_\_\_ and keeping it clean is called personal \_\_\_\_\_. Most people have their own \_\_\_\_\_ for their \_\_\_\_\_ personal hygiene habits. For example, every day they \_\_\_\_\_ and \_\_\_\_\_ their teeth before they go to bed and then again when they get up in the morning.

Oral hygiene involves taking care of the \_\_\_\_\_. Oral hygiene keeps the mouth and \_\_\_\_\_ clean. This helps prevent mouth odors and infections and makes food \_\_\_\_\_ better. Poor oral hygiene allows an increase of \_\_\_\_\_ and when this plaque hardens and builds up on the teeth, it can cause periodontal disease. This disease causes inflammation of the \_\_\_\_\_ (the firm pink flesh where the teeth are attached). They become larger in size or \_\_\_\_\_, red and bleed easily. They may even \_\_\_\_\_ and fall out.

When assisting a resident with oral hygiene, the nurse aide should observe whether the lips are dry and \_\_\_\_\_ (breaks in the skin). When \_\_\_\_\_ become dry they will crack easily. Any sores on the inside of the mouth, like on the \_\_\_\_\_, should be reported since that will make eating difficult and painful.

Some residents will need more help with oral hygiene than others. There are many \_\_\_\_\_ to help decide how much help is needed. Residents who are \_\_\_\_\_ (awake and able to understand what is happening) may be able to perform \_\_\_\_\_ hygiene alone. Residents who have limited \_\_\_\_\_ with their arms would require some assistance. Residents who are \_\_\_\_\_ will need to have their oral hygiene done for them since they are non-responsive because of an illness or an injury.

Some residents have no teeth and wear \_\_\_\_\_. A resident who is missing a few of their own teeth often wear \_\_\_\_\_. Dentures are cleaned as often as natural teeth, on a similar \_\_\_\_\_.