

## Useful information

<b>Ashton, Leigh &amp; Wigan</b>	Leigh Health Centre Pemberton Health Centre	01942 483401 01942 481930
<b>Bolton</b>	Lever Chambers	01204 462730
<b>Chester</b>	The Fountains Health Centre	01244 356809
<b>East Cheshire</b>	Dene Drive Primary Care Centre, Winsford	01606 544188
<b>Halton</b>	Hallwood Health Centre, Runcorn	01928 593400
<b>St.Helens</b>	St.Helens Dental Clinic	01744 731395
<b>Stockport</b>	Kingsgate House	0161 426 5680
<b>Tameside &amp; Glossop</b>	Ashton PCC Ashton Under Lyne	0161 342 7150
<b>Trafford</b>	Seymour Grove Health Centre	0161 786 3331
<b>Warrington</b>	Bath St. Health & Wellbeing Centre	01925 867974
<b>Widnes</b>	Health Care Resource Centre (HCRC)	0151 495 5042

## Local pharmacy

Your local pharmacies offer a wide range of services including information and general advice on symptom relief medicines as well as a prescription collection and delivery service.

Your local Healthwatch may also be able to give you information about services in your area. If NHS England has been unable to help you find a dentist and you want to raise your concerns about this, contact them on:

Email: [england.contactus@nhs.net](mailto:england.contactus@nhs.net)

Telephone: 0300 311 2233

Visit: [www.england.nhs.uk](http://www.england.nhs.uk)

A list of local dental practitioners is available from:

**Healthy Living**  
Ground Floor, Lincoln House  
College Street, St.Helens  
WA10 1UQ

We are open: Monday - Friday, 9.00am - 5.00pm

☎ **0300 300 0103**

🌐 **[www.healthysthelens.co.uk/oralhealth](http://www.healthysthelens.co.uk/oralhealth)**

🐦 **@HealthySTH**

✉ **[hit@sthelens.gov.uk](mailto:hit@sthelens.gov.uk)**

## Dental Aids & Modifications to Assist Carers





## Stress ball grip

Place a hole through the centre of a rubber or sponge ball, then insert the toothbrush handle into the hole until the rubber/sponge ball is placed in the centre of the toothbrush handle.

This will help the service user to hold the toothbrush firmly.

## Velcro hand strip

Cut 2 lengths of Velcro, long enough to wrap around the palm and back of the hand. Fasten the ends of the Velcro securely together to give a close grip and place the toothbrush handle into the palm of the hand in-between the Velcro and palm of hand. This will assist the individual with holding the toothbrush in place. Elastic can also be used instead of Velcro.

## Toothbrush handle angle

Most toothbrush handles can be modified using very hot water. They can be adapted to an angle that is more suitable to the individual by placing the brush handle into the water which will soften it enough to bend it slightly. Extreme care must be taken when doing this.

## Toothbrush handle tubing

Pipe insulation tubing can be cut to the desired length and placed over the toothbrush handle, similar to the stress ball adaptation; this method will assist individuals to grip the handle more easily.

## Toothbrush and toothpaste information

Teeth should be brushed twice a day using a family fluoride toothpaste (ideally 1,450 parts per million) of fluoride. Toothbrushes should have a medium sized head with synthetic fibres and a gripable handle or modifications if needed.

There is no need for individuals to rinse with water after toothbrushing as this may wash away the benefit of fluoride from the toothpaste, it is best to spit out, not rinse out.

Thorough rinsing of toothbrushes with water after use, together with good circulation of air around the bristles to allow proper drying, is the most hygienic way to care for your toothbrushes.

Brushing straight after eating food or drinks containing sugar may spread the acid around the mouth and cause further damage. Wait 30 minutes after eating before brushing teeth.

For individuals who experience difficulties moving the toothbrush around the mouth, an electric toothbrush may help. However, it is important to understand that the gums need to be brushed as well as the teeth.

Some individuals may benefit from using tongue scrapers if they are unable to tolerate their tongue being brushed with a toothbrush.

