



Older Patients

We believe that it is possible, with care, to keep your teeth for life. Gum disease and tooth decay can be prevented whatever your age. Fluoridated toothpaste and fluoridated mouth rinses can help to protect your teeth and reduce sensitivity.

Prevention

Gum disease and tooth decay can be prevented by following four simple steps:

- 1 Thoroughly remove plaque (a sticky film of bacteria) from your teeth (and dentures if relevant) on a daily basis
- 2 Use an approved fluoride toothpaste
- 3 Avoid foods and drinks containing sugar, particularly between meals.
- 4 Visit your dentist regularly.

Arthritis

People with arthritis may find it difficult to grip a toothbrush handle. Handle adaptors or electric tooth brushes may be beneficial. Again, your dentist can advise you on which is best for you.



Dry Mouth

Older people are often prescribed medicines and tablets which can cause a dry mouth as a side effect. Decay can occur more quickly in a dry mouth, and if this applies to you, you need to be particularly careful. Ask your dentist for advice as there are several measures that can be taken.

Dentures

When several teeth have been lost it may become necessary to fit dentures to replace the missing teeth. This will help in eating and digesting food and prevent undue stress on the remaining teeth. Sometimes if all the teeth are lost full dentures have to be made. Old dentures or photographs of yourself will give the dentist valuable information when making these new dentures.

Implants

These are metal fixtures that are placed into the bone to act as a root where the tooth is missing. They can be used to support crowns, bridges or dentures. This modern approach can be very successful in restoring a proper bite and appearance if teeth are missing.

Access

The Blockley Partnership has several ground floor surgeries and also wheelchair access. We also have a stairlift for access to the first floor.



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