

Chapter 17: Personal Hygiene

Providing Denture Care			
		Name:	
		Date:	
<i>Remember to promote:</i>			
Dignity • Independence • Individualized Care • Preferences • Privacy • Safety			
Pre-Procedure	S	U	Comments
1. Identify the client, according to employer policy.			
2. Explain the procedure to the client.			
3. Perform hand hygiene.			
4. Collect the following:			
<input type="checkbox"/> Denture brush or toothbrush (soft bristle)			
<input type="checkbox"/> Denture cup			
<input type="checkbox"/> Denture cleaner agent			
<input type="checkbox"/> Water glass with cool water			
<input type="checkbox"/> Straw			
<input type="checkbox"/> Mouthwash (or other specified solution)			
<input type="checkbox"/> Kidney basin or small bowl			
<input type="checkbox"/> Two face towels			
<input type="checkbox"/> Paper towels			
<input type="checkbox"/> Gauze squares			
<input type="checkbox"/> Gloves			
5. Provide for privacy.			
Procedure	S	U	Comments
6. Lower the bed rail near you, if it is up.			
7. Place a towel over the client's chest.			
8. Put on gloves.			
9. Ask the client to remove dentures. Carefully place them in the kidney basin or bowl.			
10. If the client cannot remove dentures independently, remove them using gauze.			
a. Grasp the upper denture with your thumb and index finger (FIGURE 17.7).			
b. Move the denture up and down			

slightly to break the seal. Gently remove the denture once the seal is broken. Place the denture in the kidney basin or bowl.			
c. Remove the lower denture by grasping it with your thumb and index finger. Turn it slightly, and lift it out of the client's mouth. Place it in the kidney basin or bowl.			
11. Raise the bed rail if used.			
12. Take the kidney basin, denture cup, brush, and cleaning agent to the sink.			
13. Line the sink with a towel, and fill it with water.			
14. Rinse dentures under warm running water. Return them to the denture cup.			
15. Apply the cleaning agent to the brush.			
16. Brush dentures as shown in FIGURE 17.8. Check for rough, sharp, or chipped areas on dentures.			
17. Rinse dentures under running water. Use warm or cool water, as directed by the cleaning agent manufacturer.			
18. Place dentures in the denture cup.			
19. Clean the kidney basin or bowl.			
20. Bring the denture cup and kidney basin to the client.			
21. Lower the bed rail if it is up.			
22. Position the client for oral hygiene.			
23. Assist the client to rinse with mouthwash or specified solution. Hold the kidney basin under the client's chin.			
24. Ask the client to insert dentures. If the client cannot do this, insert them in the following manner:			
a. Grasp the upper denture firmly with your thumb and index finger. Raise the upper lip with the other hand, and insert the denture. Use your index fingers to gently press on the denture to make sure it is securely in place. Be gentle to protect the denture from breakage and prevent injury to your			

client's mouth.			
b. Grasp the lower denture securely with your thumb and index finger. Pull down slightly on the lower lip, and insert the denture. Gently press down on it to make sure it is in place.			
25. Store dentures in a safe location if they are not going to be worn. Follow your employer's policy.			
26. Remove the towel.			
27. Remove gloves. Perform hand hygiene.			
Post-Procedure	S	U	Comments
28. Provide for safety and comfort.			
29. Place the call bell within reach.*			
30. Follow the care plan for bed rail use.*			
31. Clean and return equipment to its proper place.			
32. Discard disposable items. Wear gloves for this step.			
33. Remove privacy measures.			
34. Follow employer policy for handling dirty linen.			
35. Remove gloves and perform hand hygiene.			
Report and Record your actions and observations, according to employer policy.			
<i>*Steps marked with an asterisk may not apply in community settings.</i>			