

7 Dental Care Tips for Seniors

Keep your smile healthy with these simple daily habits. (Visit SeniorDentalGuide.com for more resources.)

- Brush twice daily. Recommended electric toothbrushes: Philips Sonicare 4100 (<https://amzn.to/4gUi1Mo>) or Oral-B Pro 1000 (<https://amzn.to/46yLq9S>).
- Use fluoride toothpaste to strengthen enamel and fight cavities. (Suggestions: Sensodyne Pronamel or Colgate Total.)
- Rinse daily with fluoride mouthwash: Crest Pro-Health (<https://amzn.to/3Wh3QHq>) or ACT Zero Alcohol (<https://amzn.to/4nVBQVP>).
- Floss once a day. Try Waterpik Aquarius (<https://amzn.to/4gGJBMM>) or GUM Soft-Picks (<https://amzn.to/3WaJvDJ>).
- Stay hydrated to reduce dry mouth. Relief products: Biotène lozenges, gels, rinses (<https://amzn.to/42gWnf5>).
- Visit your dentist regularly for cleanings and checkups.
- Clean dentures and appliances daily: Polident cleanser (<https://amzn.to/4nVBXAJ>) and Poligrip adhesive (<https://amzn.to/4nB7isD>).

Bonus Recommendations

Teeth whitening: Crest 3D Whitestrips Sensitive (<https://amzn.to/3IkYZSz>) or Lumineux Whitening Strips (<https://amzn.to/3IKmYdW>).

Night guards for teeth grinding: DenTek Professional-Fit (<https://amzn.to/4nXSZOM>) or Plackers Grind No More (<https://amzn.to/4nr5h20>).

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