



Caregiver Dental Hub

Practical Oral Care Guidance for Caregivers

Managing Bleeding Gums, Ulcers and Dry Mouth

Tell the dentist about any changes in medications or medical conditions



BLEEDING GUMS

- ✓ Continue gentle brushing along the gum line
- ✓ Bleeding can mean gums need care—schedule a dental visit



MOUTH ULCERS

- ✓ Use a soft toothbrush and gentle rinses
- ✓ Avoid spicy or irritating foods
- ✓ See a dentist if ulcers do not heal in 10–14 days



DRY MOUTH

- ✓ Offer frequent sips of water
- ✓ Use sugar-free gum or candy to stimulate saliva
- ✓ Limit caffeine, alcohol, and tobacco



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