

Partner to Improve Oral Health

Oral Health Improvement for care-dependent geriatric patients requires **yours, home-care provider** and **health care provider's** involvement and commitment.

1) Gain Control of Disease status

* Care giver & family member be educated on dental disease manifestation and seek professional help immediately.

2) Reduction of Risk Level

* Customized oral care plan at home:
- Diet adjustment, food selection
- Selection of oral hygiene aids or dentifrice

3) Regain Health & Function equilibrium



4) Long Term maintenance

* Professional dental visit at customized frequency to match with health status and support need.
* Home Oral Hygiene review for efficiency and effectiveness.



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Sleep Dentistry for the Young @ Heart (Geriatric population)



Partner to Improve Oral Health



“Struggle Free and Complete
Dental Care for the very young,
the young @ heart, the very
scared and the sensitive ones”

Richmond Hill Sleep Dentistry

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What is Sleep Dentistry?

Sleep Dentistry is a highly specialized service where all necessary dental care is provided with patient “asleep” (i.e. under deep sedation/general anaesthesia)

This means that there is no “fighting” in the dental chair, no “bad memories” of the dentist, usually just one appointment to complete everything.



Specialized Dentistry for the Special Geriatric Population

Sleep Dentistry is frequently the last resort for the special ones with

- i) Significant degree of cognitive/functional impairment rendering proper assessment or treatment impossible in a normal setting.
- ii) Need for more extensive dental treatment that could cause significant stress or stimulation requiring sedation or monitored care.

Medical Illness → Compromised Dental Health

- i) Poly-pharmacy causing dry mouth and altered taste
- ii) Limited ability to perform daily oral hygiene
- iii) Limited ability to accept oral care
- iv) Weak immune system and dry mouth drastically increase risk for infection (e.g. fungal *candidiasis* causing Thrush, *Strep Mutans* causing rampant caries lesion)
- iv) Limited mobility & complex medical illness increase barriers to professional care

Compromised oral health or dental discomfort in turns can lead to

- i) Avoidance of oral hygiene, nutrient intake, or social interaction
- ii) Increased risk of pneumonia or other infection
- iii) and the list continue...

Consultation:

It is particularly important for a consultation prior to having Sleep Dentistry. Goal:

- 1) Medical Status assessment - medical illness and complication, medication, functional capacity all needs to be optimized. A physician consultation is frequently indicated.
- 2) Oral status assessment - existing dentition status and symptom, daily oral care routine, swallowing and chewing function, aspiration risk, presence of denture etc. are important factors influencing treatment decision.

3) Review of findings and engage caregiver and family guardian regarding:

- (i) Sleep Dentistry suitability, arrangement and preparation;
- (ii) proper pre-op & postop transportation and management,
- (iii) Potential risk and estimate cost of service

Key consideration:

Dentally

Function	Symptoms
Pathology	Esthetics

Special consideration with Sleep Dentistry

- Limited physiologic reserve
- Positioning of patient
- Sensitivity to medicine
- Longer time for preparation and procedure
- Post-operative care



It is important patient, caregiver, and guardian are aware of

- 1) The most suitable treatment option
- 2) The proper pre-op & postop instructions
- 3) Home care availability after treatment,
- 4) When to contact our clinic.
- 5) Proper preventive home care routine after Sleep Dentistry