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## [Gentle Oral Care for Elderly Patients from Grand Dental Nichols Hills](#)



Your oral health will always be important, but aging can make caring for your smile more difficult. For example, patients with arthritis may have difficulty brushing and flossing thoroughly, while others with dry mouth may be at great risk for gum disease and tooth decay ([which can affect overall health](#)).

A healthy smile is still possible, though. Thanks to the gentle, compassionate care [our doctors](#) provide at [Grand Dental](#), patients in **Oklahoma**

**City** and the surrounding **OKC area** can find the help they need to keep their oral health front-and-center.

### **Helpful Hints from Grand Dental Nichols Hills**

Seniors who struggle with dry mouth—an unfortunate side effect of many medications—may suck on hard candies for relief. But if these hard candies aren't sugar-free, you're also increasing your chances of winding up with gum disease or tooth decay.

There are alternatives you can try, though, and our doctors would be happy to talk with you about them. Some solutions, like simply drinking more tap water or switching to sugar-free candies or mints, are easy and just as effective.

For other patients, painful arthritis may be what's standing between you and optimal oral health. Our **Oklahoma City dental office** can help through regular cleanings and through recommending an electronic toothbrush. With an electronic toothbrush, it's easier you get more out of your brushing time and with less effort.

### **Call Us Today To Schedule Your Next Appointment**

**Grand Dental Nichols Hills** wants to help you maintain your smile and your overall health. [Call us today](#) if you live in the **OKC area** and want to schedule your next checkup and cleaning with us.