

# Mouth care

## What is oral care?

- mouth care means keeping the mouth clean and moist
- you should brush your teeth at least twice a day
- if you have dentures, clean them with a soft toothbrush and toothpaste, take them out, and soak them at night

## Why is mouth care important?

Poor mouth care can lead to

- dry mouth and lips
- tooth decay
- thick coating on the tongue
- painful mouth or mouth ulcers
- thick, sticky saliva
- drooling

## Tips for thick and sticky saliva

- clean your mouth with water swabs
- use saline nebulizers
- sip dark grape juice, pineapple juice or pawpaw juice regularly

## **Tips for a dry mouth**

- take regular sips of water, suck on ice cubes or icy poles
- use dry mouth products to help keep mouth moist
- chew sugar-free gum
- use lip balm for dry lips

## **Tips for thick coating on tongue**

- ask your doctor for help
- brush your tongue with a soft toothbrush and toothpaste

## **Tips for drooling**

- ask your doctor for help
- swallow regularly, even when talking
- wipe your mouth regularly
- take sips of water

## **Useful websites**

- Dental services Victoria: <https://www.dhsv.org.au/>

Talk to your speech pathologist for more information. A speech pathologist can give advice that best suits your needs.

Your speech pathologist is:

