

# Oral care

## What is oral care?

- oral 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 toothbrush and toothpaste and soak them at night

## Why is oral care important?

Poor oral 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

- coat 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 Biotene 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 teeth 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

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

Your speech pathologist is:

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