



Oral care

What is oral care?

- Sometimes called 'mouth care'
- Keeping your 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 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

- Clean your mouth with water swabs
- Use saline nebulisers
- 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: _____