


<b>MOUThCARE</b>		
<b>VERSION No</b>	2	
<b>REVIEWED BY</b>	Clinical Lead (RQ)	
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### Introduction

*Maintaining a clean and moist mouth is important in reducing soreness and possible infection. Self-care by the Individual is important in their independent activities of living, where possible. Wherever possible the individual should be encouraged to have an adequate fluid intake and a balanced diet, which includes foods that assist in the production of saliva, e.g. fruit juices which could be frozen if wished.*






### Procedure

Some problems may be caused by prescribed medication or oxygen therapy or may be due to an underlying illness. Refer to the individuals Care Plan for specific advice, prescribed medicines and procedures.





Observe for any of the following problems by inspecting the individuals mouth, including teeth, with the aid of a torch, spatula and gauze, paying special attention to the lips, buccal mucosa, all the surfaces of the tongue, floor of the mouth and the soft palate. Looking for any soreness, ulcers, bleeding, white patches, inflammation, and coating of the tongue.

Discuss with the individual any of the following: changes in taste, pain, discomfort or difficulty in swallowing, changes in the amount of saliva production, dryness in the mouth or any changes that they have noticed.




#### a) Self-care















-  cleaning dentures/own teeth
-  Rinsing dentures after each meal, brush with fluoride toothpaste and soak overnight in a proprietary solution
-  Cleaning teeth with fluoride toothpaste. Rinse the mouth thoroughly
-  Using a mouthwash, warm water or prescribed solutions. Ensuring it is not swallowed
-  The nurse/ care assistant will undertake these if Individual needs support and offer further support if required such as cleaning the tongue with a soft toothbrush or gauze wrapped around a finger or foam sticks.

#### b) Mouth care

-  Using a soft small toothbrush or foam stick if the gingiva is damaged or likely to bleed, brush the teeth, gums and tongue to remove any debris and brushing stimulates circulation and the gingival tissue to maintain tone.
-  Encourage the individual to rinse their own mouth vigorously and spit out the contents into a small bowl or receiver. Offer tissues to dry any spillages or dribbling.
-  If the individual is unable to rinse their own mouth, use a rinsed toothbrush to clean the teeth and a moistened foam stick to wipe the inside of the mouth and gums. Foam sticks should be used with a rotating action to ensure most of their surface is used.
-  Teeth should be flossed once in 24hours unless there is contraindications

### Post procedure

-  Discard any remaining mouthwash fluids and clean the toothbrush and leave to air dry
-  Remove gloves, wash hands in soap and water and dry
-  Check that the individual is comfortable and record as necessary.

- c) **Equipment required for mouth care:**
-  dishes with water
  -  foam sticks, cotton buds, gauze swabs, tissues
  -  Non – sterile disposable gloves
  -  fluoride toothpaste, denture paste
  -  mouth wash or prescribed cleaning solution
  -  lip balm (not glycerine)
  -  denture pot and appropriate soft toothbrush or denture brush
  -  small torch
- d) **Examples of products:**
- i. **Dry mouth**
    -  mouth wash solution (for example Bocason 0.2%)
    -  crushed ice cubes
    -  ice pops
    -  vitamin C tablets (as prescribed)
    -  pineapple juice
    -  artificial saliva (as prescribed)
  - ii. **Lips:** KY jelly or white soft paraffin
  - iii. **Coated tongue:** effervescent vitamin C ½ tablet, yogurt
- e) **Painful, inflamed mouth, fungal infections:** Prescribed treatments

***Further Guidance***

*Nice are preparing Guidelines for Oral health for adults in care homes  
Anticipated publication date: June 2016 - Oral health: promoting and protecting oral health and  
ensuring access to dental treatment for adults in nursing and residential care homes*