Basic mouth care

- **Brush teeth twice a day** – in the morning and last thing at night

**Clean dentures twice a day**
- Remove dentures overnight and store in a named denture pot with a lid
- If dentures are ill fitting they should be removed and stored safely

Dry mouth care

- **Brush teeth twice a day**
- **Clean dentures twice a day** and remove at night
- **Encourage frequent sips of water**
- **Apply mouth moisturiser** with pink swab as often as required to lips, tongue, inside of cheeks and palate
- Provide mouth care after each meal, clearing all debris using pink foam sponge sticks or toothbrush
- For patients with reduced level of alertness dentures should be removed, cleaned and stored in a clean, labelled container
- Refer to the medical team if there are signs of infection/pain/bleeding.

4 hourly mouth care

- **Brush teeth twice daily IF CLINICALLY APPROPRIATE**
- **Clean dentures twice a day and remove at night**
- For patients with reduced level of alertness dentures should be removed, cleaned and stored in a clean, labelled container
- Provide 4 hourly mouth care using SAGE Q4 oral care kit or single use pouch oral swabs.
- If an oral cavity is particularly coated, provide more frequent mouth care
- Refer to the medical team if there are signs of infection/pain/bleeding.

Mouth Care

- **Mouth Moisturiser**
- **top-up FPA665**

Mouth care assessment guide

**Lips**
- Pink & moist
- Dry, cracked, difficulty opening the mouth
- Swollen, ulcerated

**Action**
- None
- Dry mouth care
- Refer to DOCTOR

**Mouth Moisturiser**
- top-up FPA665

**Tongue**
- Pink & moist
- Dry, flamed, shiny
- Looks abnormal, white coating, very sunburnt

**Action**
- None
- Dry mouth care
- Refer to DOCTOR

**Teeth & Gums**
- Clean, teeth not broken or loose
- Unclean, broken teeth (no pain), bleeding/inflamed gums
- Severely painful, facial swelling

**Action**
- 2x daily toothbrushing
- Daily toothbrushing, clean the mouth
- Refer to DOCTOR

**Cheeks, Palate & under the Tongue**
- Clean, saliva present, looks healthy
- Mouth dry, sticky/thickened, food debris, ulcers <10 days
- Very dry, painful, ulcers >10 days, widened/ulcerated, looks abnormal

**Action**
- None
- Clean the mouth, dry mouth care, use care
- Refer to DOCTOR

**Denture**
- Clean & Comfortable
- Unclean, loose, patient not used to wear
- Lost

**Action**
- Clean daily
- Denture care, encouragement
- DATS if lost, refer to dental team if lost or broken

*Like stars, dentures come out at night*