When the functions of the mouth are suppressed eg. when someone is tube fed or has depressed consciousness, the ‘resting’ saliva begins to dominate mixing with the residue in the mouth to form a sticky paste that adheres to the soft tissues of the mouth.

Teeth should be brushed 4 times daily to help eliminate saliva on the tongue. Brush the tongue with a soft toothbrush and mild non-foaming toothpaste.

A common oral complaint is a sore mouth. Check the mouth using a torch pen. Ulcers may be caused by a sharp area (broken tooth) rubbing and can be particularly painful. Check for redness under denture/s

Dry mouth is common among the elderly and often goes unrecognised. The most common cause is dehydration and medication. To help with pain relief spray the affected area with Difflam (anti-inflammatory & analgesic). Ensure the teeth are brushed daily to maintain oral health and optimise hydration with regular intake of fluid. Using a small, soft-headed toothbrush apply Moisturising mouth gel to the gums, tongue and lips up to 4 times a day. NB. Seek a dental professional

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