

Oral Care for People with Dysphagia

Special Care Dental Service

What is Dysphagia?

Dysphagia is a condition where an individual experiences difficulties with swallowing. Some people with severe dysphagia have feeding tubes.

Why is Oral Care Important?

Individuals with dysphagia are more at risk of aspirating (inhaling) food and drink into their lungs. They can also aspirate harmful bacteria which are present in the mouth. This could result in aspiration pneumonia which can be life threatening. Therefore it is important to keep the mouth as clean as possible.

What Is Needed To Perform Oral Care?

- Low foaming fluoride toothpaste such as Oranurse or Sensodyne Pronamel. If the patient has a dry mouth Biotene, BioXtra or Oralieve toothpaste can be used
- A manual small headed toothbrush or a suction toothbrush
- Suction toothbrushes are excellent at removing debris and excess toothpaste from the mouth, they reduce the likelihood of aspiration pneumonia

How Should Oral Care Be Performed?

- The carer should position themselves behind the individual in a comfortable position for both. The person requiring assistance should have their head tilted forwards if possible to reduce the chance of aspirating excess toothpaste and debris
- If a person cannot sit up to have their teeth brushed, the carer should lie the individual on their side / tilted with a pillow under their head for support
- All tooth surfaces and gums should be brushed for 2 minutes (small circular movements) with a dry toothbrush and a smear of toothpaste
- The mouth should not be rinsed after brushing; toothpaste contains fluoride which must be left on the teeth to protect them from developing decay

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

How To Care For Dentures

- Dentures should be removed at night and cleaned with a soft manual toothbrush and warm, soapy water
- Avoid cleaning dentures with toothpaste as this will scratch the acrylic
- Denture tablets can be used to help keep clean, please follow instructions on the packet

What the mouth can look like....



If oral care is ignored then plaque, calculus and debris can build up and form a layer over the teeth. This causes the mouth to be very sore, increases the risk of dental decay and gum disease and can cause an unpleasant smell or taste as well as the risks already discussed.

Contact Details

Pennfields Medical Centre
Upper Zoar Street
Wolverhampton
WV3 0JH
Telephone: 01902 446681

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。