

Providing mouth care

Mouth type	Signs and symptoms	Treatment
Healthy Mouth 	<p>Mouth (including tongue, gums, lips and cheek) should appear moist, pink, clean and free from pain, odour and discomfort</p> <p>Saliva is watery and clear</p>	<p>Routine mouth care and brush twice a day</p> <ul style="list-style-type: none"> - With pea sized fluoride toothpaste - Clean tongue from back to front - Rinse mouth after meals with mouth wash - Not after cleaning
Denture Care 	<p>Include complete set or partial dentures</p> <p>Can be made of acrylic or metal parts</p>	<p>Remove dentures at night and rinse with water</p> <ul style="list-style-type: none"> - Using a denture brush or soft toothbrush (Not the same toothbrush as used for the oral cavity), brush dentures using a specially formulated Denture cleaning paste or fragrance-free liquid soap - Brush all surfaces of the denture, pay particular attention to any clasps. Do not use toothpaste - Rinse dentures with water after meals - Do not allow dentures to dry out as they may warp - Perform routine mouth care to the tongue and gums <p>Ensure dentures fit correctly</p> <p>-If dentures are damaged or lost, it must be recorded by completing a Datix</p>
Ulcerated Mouth 	<p>Mild to severe discomfort and redness</p> <p>Oedema</p> <p>Ulcers</p>	<p>Routine mouth care if able with salt water</p> <ul style="list-style-type: none"> - Regular non-alcoholic mouthwashes - See Mouth care guidelines action card MC3 - Refer to Doctor (Physical Health areas) or Physical Health Nurse (Mental Health areas) as per the Adapted Halstead Oral Assessment Tool
Squamous Cell Carcinoma - Oral Cancer 	<p>Mouth Ulcers that do not heal</p> <p>Unexplained loose teeth</p> <p>Unexplained odd felling of numbness on lip or tongue</p> <p>Sometimes with or red patches on the lining of the mouth or tongue</p> <p>Changes in speech</p>	<p>Routine mouth care</p> <ul style="list-style-type: none"> - Clean tongue with water from front to back - Use a moistened soft toothbrush - See Mouth care guidelines action card MC3 - Refer to Doctor (Physical Health areas) or Physical Health Nurse (Mental Health areas) as per the Adapted Halstead Oral Assessment Tool <p>(White or red patches could be early sign of cancer)</p>
Dry Mouth (Xerostomia) 	<p>Dryness of mucus membranes and lips</p> <p>No pool of saliva in the floor of mouth</p> <p>Difficulty chewing/swallowing, speaking</p> <p>Fissuring of the tongue</p>	<p>Treat possible causes</p> <p>Dehydration, infection or alter medication</p> <ul style="list-style-type: none"> - Perform dry mouth care - Sips of water - See mouth care guidelines action card MC2 or MC3 - If medium to high risk refer to refer to Doctor (Physical Health areas) or Physical Health Nurse (Mental Health areas) as per the Adapted Halstead Oral Assessment Tool
Candida Albicans - Thrush 	<p>Caused by fungal infection</p> <p>White spots</p> <p>Underlying tissue may be red/sore</p>	<p>Routine mouth care</p> <ul style="list-style-type: none"> - Nystatin (not to be used with Chlorhexidine mouth Wash) - Refer to Doctor (Physical Health areas) or Physical Health Nurse (Mental Health areas) as per the Adapted Halstead Oral Assessment Tool - Soak dentures in a commercially available cleaning agent - Perform routine mouth care to the tongue and gums - Replace toothbrush