

How to Take Care of Your Mouth

What You Need

You will need these supplies:

- toothbrush with soft bristles
- toothpaste
- mouthwash
- tongue depressor
- mouth swabs
- tweezers
- tissues
- gauze
- gloves
- flashlight
- mirror
- other _____

Parts of Your Mouth to Clean

Clean your teeth, gums, tongue, roof of your mouth and cheeks every time.

How Often to Care for Your Mouth

Do your mouth care:

- every morning after you wake up and before you drink water or take medicines
- right away after every meal.

If you have dentures, clean them two times a day and soak them overnight.

Your Speech-Language Pathologist

Name _____

Phone _____

Why You Need to Clean Your Mouth

Taking good care of your mouth every day will help prevent infection from germs (bacteria) that are in your mouth.

Cleaning your mouth will also help:

- you want to eat
- increase your awareness of where food and liquid is in your mouth
- lower your risk of having left-over food and liquid go down wrong (aspiration)
- increase your saliva.

How to Clean Your Mouth

- Remove partials or dentures, and clean using denture brush, if needed.
- Wet a mouth swab with water. Squeeze out the water. Swipe the swab between your gums and cheeks, from back to front on top, to make sure all secretions and food residue are gone.

(over)

- Get a clean mouth swab. Wet with water and squeeze. Repeat the same motion on the bottom.
- Put a pea-sized amount of toothpaste on your toothbrush. Rinse the toothbrush in clean water every few teeth and wipe dry with a paper towel. If you can't spit, wipe your mouth clean with a new mouth swab you've wetted with water and squeezed.
- If you can safely swish and spit:
 - Put 1 to 2 teaspoons of mouthwash in your mouth.
 - Swish and spit.

- If you can't safely swish and spit:
 - Swab your entire mouth with a new mouth swab wetted with mouthwash.
 - Squeeze out the extra mouthwash.
 - Gently swab your entire mouth.

When to Call Your Speech-language Pathologist or Health Care Provider

Call your speech-language pathologist or health care provider if you see any bleeding, sores, new concerns or any questions.