

MOUTH CARE

Maintaining oral hygiene is important

Dry mouth can be uncomfortable and interfere with eating and drinking

Common Causes of Dry Mouth/Discomfort - Pain



Medication side effects
([Click here for partial list](#))



Dry air



Mouth breathing



Dehydration



Infection

- > Candida (Thrush) can result from use of Steroids, Antibiotics
- > Herpes.



Ulcerations from prior chemo/medications, underlying conditions



Poorly fitting or dirty dentures

What You Can Do

- Do not stop any medications without asking Hospice Team
- Check if dentures still fit, may not as illness progresses
- Keep dentures clean
- Keep lips moist - Chapstick, Vaseline
- Xylimelts™ (available at Walgreens, Amazon)
- Discuss with Hospice Team if it is ok to use a humidifier in the room if the air is too dry

Medications

A

While there is a long list of medications that can dry out the mouth, it is very important to not stop any medications without asking the Hospice Team

B

There are mouth swabs that are available to clean mouth when brushing teeth becomes difficult. Ask Hospice Team

C

If infection is found, there are often safe and effective medications

What to discuss with the Hospice Team

A

Is the patient dehydrated? Is it ok to give more fluids

B

Have team check to see if there is an infection &/or mouth sores

C

You are concerned about possible medication side effects and want to know if any should be stopped or decreased