

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](#)).



Mouth breathing



Dry air



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 the Hospice Team
- › Check if dentures still fit, may not as illness progresses
- › Keep dentures clean
- › Keep lips moist - Chapstick, Vaseline
- › Can try: Xylimelts™ (available at Walgreens, Amazon)
- › Discuss with the 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 hospice (this symptom can usually wait until the next planned visit from the 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