

# Excess Thin Saliva (Sialorrhoea) and MND

## Excess Thin saliva

Motor Neurone Disease (MND) may cause weakness in your lips and tongue which can hinder how you control and manage thin or watery saliva.

### What to do:

- Maintain good oral hygiene and ensure teeth and tongue are cleaned regularly.
- Use a tissue/handkerchief/hand towel to dab saliva from your mouth regularly throughout the day.
- Sleep with a towel or a protector across your pillow.
- Sleep on your side and angle your head/neck upright with pillows so saliva doesn't collect in your throat.
- Clothing may be adapted. Use a discreet waterproof insert underneath your shirt/blouse to reduce skin irritation.
- Protect skin that is moistened by saliva with a barrier cream to prevent soreness.
- Swallowing techniques prescribed by your speech pathologist may help.
- Try wearing a soft neck collar or chin strap to help keep your head upright. This may assist saliva to flow to the back of the mouth for swallowing.



### Natural therapies:

- Sips of sage tea throughout the day may be useful in drying up saliva.
- Tissue salts (**fluid balance**), taken as a tablet or a spray, may help to dry up saliva.
- For further information, refer to Natural Remedies Handout or watch the videos below.



### Prescription Medications:

- Medications to help dry up the saliva are available. Talk to your doctor about what might be right for you.

Watch these videos: <https://metronorth.health.qld.gov.au/rbwh/healthcare-services/neurology/motor-neurone-disease>

- Thin Saliva
- Mouthcares
- Natural Remedies
- Steam inhalation



Speech Pathologist: \_\_\_\_\_

Date: \_\_\_\_\_