

Mouthcare and MND

Why is mouthcare important?

Mouth care is especially important if you are experiencing change in your saliva, weakness in your tongue and throat muscles and difficulty swallowing. Food particles can become trapped around the mouth and may cause mouth ulcers, tooth decay, and chest infections.

Performing mouthcares often throughout the day can help manage saliva when it is too thick or too thin. Mouthcares can also maximize the pleasure associated with chewing foods and drinking liquids.

Each person's physical ability with their mouth and experience of Motor Neurone Disease (MND) will be different.

Mouthcare strategies

- Check your mouth regularly for signs of oral thrush or coated tongue.
- Brush teeth after meals or 3 times a day if you are not eating. Ideally use a soft bristled electric toothbrush. Replace your toothbrush every 3-4 months.
- Also clean your tongue, gums and cheek pockets.
- Try using low foam toothpaste (brands that don't contain SLS—Sodium Laurel Sulphate). Spitting out toothpaste foam can be difficult with weak mouth and tongue muscles.
- Clean your tongue brushing from the back to the front. Try a tongue scraper.
- Find ways to remove excess secretions from your mouth while brushing. Some people find sitting in an upright position with their chin downward can help to drain excess secretions from the mouth.
- If brushing is difficult, swab the mouth with a big cotton wool bud soaked in bicarb soda solution (1/4 of a teaspoon to a warm glass of water) to help keep your mouth clean. Throw away after each use.
- Oroswabs have a soft foam head that contains bicarb soda, which froths and helps remove food particles and secretions from the mouth. These are convenient when you are away from home.
- Other useful tools: Finger Brush, Bite Block, Piksters Dental Floss. Ask your speech pathologist.



Watch this video:

Mouthcares

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



Speech Pathologist: _____

Date: _____