Oral Hygiene and Dysphagia
Dysphagia is the name for difficulties with Swallowing.

Oral Hygiene is essential for a healthy mouth.
Residue left in the mouth due to dysphagia

Causes build up of bacteria

Poor Dentition  Bad Breath  Oral Infections
Dysphagia increases risk of aspiration of harmful Bacteria.

The bacteria can cause a chest infection known as Aspiration Pneumonia.

Aspiration Pneumonia can be life threatening.
Good Oral Hygiene is essential.

Try and complete it at least 2 times a day.

About one hour after each meal is ideal.

If you are supporting someone to perform oral hygiene, tilt their head forward slightly to reduce risk of aspiration.

The best, most natural position for performing oral hygiene is to stand or sit behind the person.
Use a soft to medium bristled toothbrush with a small head

Electric toothbrushes clean well too

A pea size amount of toothpaste

Try a low foaming toothpaste

On a dry toothbrush

Do not rinse
Clean the whole mouth

- palate
- tongue
- teeth

Moisturise lips with Aqueous Gel

Clean dentures daily and remove at night
Contact:
Oral Health Office Promotion Team: 0191 387 6504

Find out more:
http://www.patient.co.uk/health/oral-hygiene
http://www.nhs.uk/Livewell/dentalhealth

References:
Policy and Procedures for Mouth Care Guidelines (2014): County Durham and Darlington NHS Trust


SE Langmore etal (1998) Predictors of aspiration pneumonia: how important is dysphagia? Dysphagia

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