

Your Mouth Matters

Dental Services

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Introduction

The purpose of this leaflet is to provide Oral health information and advice for adults.

Why is mouth care important?

Our mouth is a gateway to the rest of our body and poor oral health can have an impact on our self-esteem, quality of life and general well being.

If we have poor oral health, problems can occur such as broken teeth, infection, pain, dry mouth and ulcers. We can then lose the ability to eat, drink and communicate. This can lead to dehydration, which may impact on our recovery time as we can become more at risk to picking up hospital acquired infections such as pneumonia.

Whether it is a planned or an unplanned hospital stay, our normal daily routines can go out of the window, teeth can become low on our priorities, and days might go by without us brushing our teeth.

Effective oral health care is required for the removal of food debris and bacterial plaque. Failure to remove food debris and the bacterial plaque build up may increase our risk of getting pneumonia.

How can I improve my mouth care?

If you are unable to carry out your own mouth care yourself a healthcare worker will be able to assist you, family and friends are always encouraged to help too.

Maintaining a good level of oral hygiene can help relieve symptoms of a dry mouth. The ward will have mouth care products available such as mouth moisturising gels which can be applied to your mouth, cheeks and tongue which can be used by all patients including patients that are nil by mouth.

Why is denture care important?

Plaque bacteria can also attach itself to dentures, ideally your dentures should be removed after every meal.

Dentures should be left out at night in a dry, named, denture pot and rinsed thoroughly in the morning before placing back in the mouth.

If you are not wearing your dentures at the moment, it is best to get a family member to take them home to avoid them being lost.

Top tips to Dental Health

Brush last thing at night and another time of the day, using a pea sized amount of fluoride toothpaste.

Fluoride helps protect our enamel.

After brushing, **DO NOT RINSE**, just spit out the excess toothpaste – this will help the fluoride to do its job.

If you use a mouth wash, use it at a separate time to brushing.

Limit sugary snacks between meals.

Stop smoking and limit alcohol intake.

Visit your dentist as often as they recommend or sooner if your having problems with your mouth.

Where can I find further information?

You can search for a dentist on the website – <https://www.nhs.uk/service-search/find-a-dentist> or call 111 for advice.

Mouth Care Matters is a health education initiative aimed at improving the oral health of all hospitalised patients.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowałiby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。