

Mouth Care and Hydration



Oral hygiene is very important for all of us

Moisture from saliva in your mouth helps protect it from infection and can stop the tongue and lips from feeling dry and cracking.

Medications such as steroids and antibiotics can reduce the normal protective coating in the mouth. If you have sore gums, ulcers, or your tongue appears coated, please seek advice from your Healthcare Professional.

If your mouth and/or nose are dry, you can use moisturisers for this but they must be water based creams that do not contain oil or alcohol as an ingredient. Mouth washes are usually alcohol based and can cause soreness, particularly if they are already sore. If you aren't sure about what to use please ask your Healthcare Professional.



As well as drinking fluids you can suck on ice cubes, sugar-free ice lollies and pineapple chunks



Oxygen therapy can dry out the mouth and nose and lead to soreness and cracking



It is advisable to drink 6 to 8 glasses of fluids per day

Water, lower fat milk, and sugar free drinks (including tea and coffee) all count. If you are on a fluid restriction for medical reasons then please keep to that restriction and seek medical advice about your fluid intake.

Don't forget to brush your teeth, preferably twice a day. If you use inhalers make sure you have a drink or eat afterwards.