

# ORAL CARE POST STROKE

Oral care and consequently oral health are directly linked to the health of the body.

## A HEALTHY MOUTH

Helps reduce the risks of infections



An unhealthy mouth can be linked to infections in the mouth and the body such as:

- Stroke
- Heart disease
- Pneumonia
- Diabetes

## IDENTIFICATION

Oral health screening should include the following:



### LIPS

Are they dry?  
Are they cracked?



### SALIVA

Is the mouth dry?



### DENTURES

Do they fit?  
Are they clean?



### TONGUE

Is it dry?  
Is it cracked?  
Is it sore?  
Is it coated white?



### TEETH

Is there plaque?



### GUMS

Are they sore?



### PAIN

Is the mouth sore?  
Does it hurt when they eat,  
drink, brush their teeth?

## MANAGEMENT

It is recommended that oral care be done after every meal and before bed (i.e. 4 times per day).

### DO

- Use a toothbrush and toothpaste
- Brush teeth/dentures
- Brush tongue

### DO NOT

- Use toothette (sponge) for oral care

## SPECIAL CONSIDERATIONS SHOULD BE TAKEN FOR STROKE SURVIVORS WITH:

### DYSPHAGIA

- Mouth care should be done even if patient is NPO
- Positioning while doing oral care (sitting upright)
- Use toothbrush and shake off excess water (no need for toothpaste/mouthwash)
- Use suctioning as needed
- Ensure there is no oral residue following meals
- Use toothette (sponge) to scoop out oral residue

### PARESIS, NEGLECT, APRAXIA

- Assist stroke survivor to set up or perform oral care (use hand over hand when needed)