

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)