



Mouthcare

Mouthcare is vital to prevent or reduce soreness. Good mouthcare is thought to reduce the inflammation associated with COVID infection.

Wear PPE when delivering mouthcare

If the person is conscious

Person sits upright with good head support, or lies on one side with head supported by pillows.

Frequent sips of cold water (every 30 minutes is ideal), unless unable to swallow or sit upright.

Use person's usual small, soft toothbrush (manual, not electric) with a smear of usual toothpaste or just water.

Toothpaste should be non-foaming and should not contain Sodium Lauryl Sulphate (SLS).

If the person becomes distressed

Encourage them to hold and feel the toothbrush, perhaps brushing their hand with it, to reassure that it won't hurt.

A wipe of toothpaste over lips can be a reminder / prompt of what is being suggested.

Try putting your hand over the person's hand and gently guiding the toothbrush together (hand over hand technique).

Distraction may help.

Try to involve someone the person knows and trusts.

Medications

Seek clinical advice on suitable types of gel or mouthwash.

Mouth moisturising gels should be slowly massaged in to avoid leaving a sticky layer.

Mouth ulcers

Medications may be prescribed.

Ensure dentures are regularly cleaned (see below) and toothbrush is changed.

Dentures

Clean dentures twice daily with a toothbrush and water.

Remove dentures at night and soak in a cleansing solution for 20 minutes. Recommended soaking solutions are:

- dilute sodium hypochlorite solution for plastic dentures
- chlorhexidine solution for dentures with metal parts.