

Oral Hygiene and Secretion Management for PALS


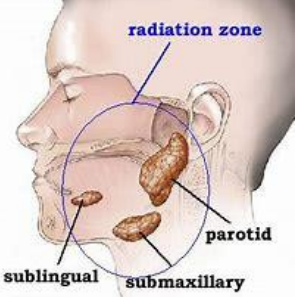
Taking care of your mouth, teeth, tongue and gums on a daily basis is crucial in preventing oral and respiratory infections. Oral care is important even if you are no longer eating by mouth, experience dry mouth, or have difficulty swallowing. Secretions carry bacteria and accumulation of secretions in the mouth and lungs can result in an oral or respiratory infection. Oral care may require extra time or modified tools for PALS. The goal is to perform oral care routinely, *at least 2 times per day*.

Recommendations for Oral Hygiene

<p>Foam Toothette Oral Swab</p> 	<p>Electric Toothbrush</p> 
<p>Glyoxide (or common antiseptic rinses) can be used with toothbrush or toothette</p> 	<p>Children's toothbrush (smaller head and larger grip, can help with hyperactive gag reflexes)</p> 

*Available at Amazon, Walmart and your local pharmacy (CVS, Walgreens)

Recommendations for Secretion Management

For Dry Mouth (xerostomia):	
<p>Biotene (gel, rinse, spray) for dry mouth, gums, teeth</p> 	<p>Increase Hydration (more water by mouth or through the feeding tube)</p> 
For Excessive Saliva Production (sialorrhea):	
<p>Oral Suction Machine (portable)</p> 	<p>Botox injections to the parotid glands ("paralyzes" largest salivary glands)</p> 
<p>Scopolamine patch (worn on the skin)</p> 	<p>Prescription drugs (per physician recommendation)</p> <p style="text-align: center;"> Amitriptyline Glycopyrrolate Imipramine Clomipramine Atropine drops (sublingual) </p>
<p>Radiation localized to the sublingual and parotid salivary glands</p> 	<p>Viscous Secretions: different therapies may work better for different types of secretions</p> <p style="text-align: center;"><u>Too Thick:</u></p> <p style="text-align: center;"> Biotene/ oral gels Humidifier Increase hydration Suction </p> <p style="text-align: center;"><u>Too Thin:</u></p> <p style="text-align: center;"> Medication Botox injections Radiation Suction </p>