

# How to care for the mouth

1

## You need:

- Mouth swabs
- Spray bottle (water or saliva replacement)
- Washcloth
- Lip cream
- Cup of water
- Towel
- Rubbish bag

*For dentures – toothbrush and toothpaste*



2

## Wash your hands



3

## Place towel under person's chin



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If the person has dentures, take them out and clean them



4

## Wet mouth swab OR washcloth and squeeze out excess water



5

## Sweep mouth swab OR washcloth over lips and front of tongue



6

## Sweep mouth swab OR washcloth gently around the mouth between cheek and teeth/gums

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Don't go too far back into the mouth



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Dentures can now be replaced

**7**

Spray a small amount of liquid into the front of the mouth



**8**

Apply lip cream to moisten both lips



**9**

Place used mouth swabs in rubbish bag



**10**

Wash your hands



 If you need help Service name: ..... T: .....