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**

<table>
<thead>
<tr>
<th>Foam Toothette Oral Swab</th>
<th>Electric Toothbrush</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Foam Toothette Oral Swab" /></td>
<td><img src="image2.png" alt="Electric Toothbrush" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Glyoxide (or common antiseptic rinses) can be used with toothbrush or toothette</th>
<th>Children's toothbrush (smaller head and larger grip, can help with hyperactive gag reflexes)</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image3.png" alt="Glyoxide" /></td>
<td><img src="image4.png" alt="Children's Toothbrush" /></td>
</tr>
</tbody>
</table>

*Available at Amazon, Walmart and your local pharmacy (CVS, Walgreens)*
### Recommendations for Secretion Management

#### For Dry Mouth (xerostomia):

- **Biotene (gel, rinse, spray)** for dry mouth, gums, teeth
- **Increase Hydration** (more water by mouth or through the feeding tube)

#### For Excessive Saliva Production (sialorrhea):

- **Oral Suction Machine** (portable)
- **Botox injections** to the parotid glands ("paralyzes" largest salivary glands)
- **Scopolamine patch** (worn on the skin)
- **Prescription drugs** (per physician recommendation)
  - Amitriptyline
  - Glycopyrrolate
  - Imipramine
  - Clomipramine
  - Atropine drops (sublingual)
- **Radiation localized to the sublingual and parotid salivary glands**
- **Viscous Secretions**: different therapies may work better for different types of secretions
  - **Too Thick**:
    - Biotene/ oral gels
    - Humidifier
    - Increase hydration
    - Suction
  - **Too Thin**:
    - Medication
    - Botox injections
    - Radiation
    - Suction