

Cleaning Your Mouth During Your Stay in Hospital



Information for patients and families

Read this brochure to learn:

- Why it's important to keep your mouth clean
- How to make sure you are cleaning your mouth properly
- Who to talk to if you are worried about the health of your mouth



Why is it important to keep my mouth clean?

It is important to keep your (or your family member's) mouth clean while in the hospital because cleaning removes germs that can cause chest and mouth infections.

An unhealthy mouth, including teeth, gums and tongue may lead to health problems like:

- stroke
- pneumonia
- heart disease
- diabetes
- arthritis
- osteoporosis
- dementia

What tools do I need for good mouth care?

Please make sure you bring these things to the hospital:

- toothbrush
- toothpaste
- dental floss
- denture cleaning tablets
- denture adhesive

How often should I clean my mouth?

Clean your dentures, mouth and teeth twice a day.

How can I make sure I am cleaning my mouth properly?

When cleaning teeth:

- Use a soft-bristle toothbrush.
- Make sure you clean all surfaces (including teeth, gums and tongue).

When cleaning dentures:

- Rinse dentures with cool water and remove any food pieces.
- Scrub all the surfaces.
- Don't forget to brush the inside of your mouth (gums and tongue) with a toothbrush.
- Rinse dentures again before putting them into your mouth.
- Always put in the upper dentures first.

What if I am worried about the health of my mouth?

If you are worried about the health of your mouth (or your family member's), please speak to your nurse.

Adapted with permission from RCP Central resource materials.



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