

## **Mouth care Guideline:**

### **INTUBATED PATIENT**

- Assess oral cavity to provide frequency of interventions – healthy oral cavity – prn, moderate dysfunction 4 hourly, severe dysfunction 2 hourly.
- Maintain ETT cuff pressure 20-30cmH2O whilst undertaking mouth care, suction the oral cavity before and inflating OR deflating the ETT cuff.
- Aspirate secretions from oral cavity before mouthcare – as care will stimulate production of oral secretions
- Check position of ETT at the start and end of care

### **DENTATE PATIENT :**

- **IF ABLE TO TOLERATE TOOTHBRUSHING** - BD toothbrushing for 2 minutes with fluoride toothpaste - preferably a non foaming

Toothbrushing 12 hours apart - 05:00 and 17:00

- Keep lips moistened with lip balm / petroleum jelly PRN (ensure excess removed from ETT)
  - Keep mouth moistened using pink swabs and sterile water (frequency as above)

### **EDENTATE PATIENT (TOOTHLESS):**

- Keep lips moistened with lip balm / petroleum jelly PRN (ensure excess removed from ETT)
  - Keep mouth moistened using pink swabs and sterile water (frequency as above)

### **EXTUBATED PATIENT:**

- BD toothbrushing for 2 minutes with fluoride toothpaste (if dentate and able to tolerate toothbrushing)
- **For patients with dentures:** clean dentures with denture cream BD, clean gums instead of toothbrushing
  - keep mouth moistened using pink swabs and water (frequency suggested above)
    - keep lips moistened with lip balm / petroleum jelly PRN