How to Provide Oral Care

End of Life Specialist Services

Equipment Required

Non-Foaming Toothpaste

Small Tooth Brush

Lip Balm

Gauze & Gloves

Pen Torch

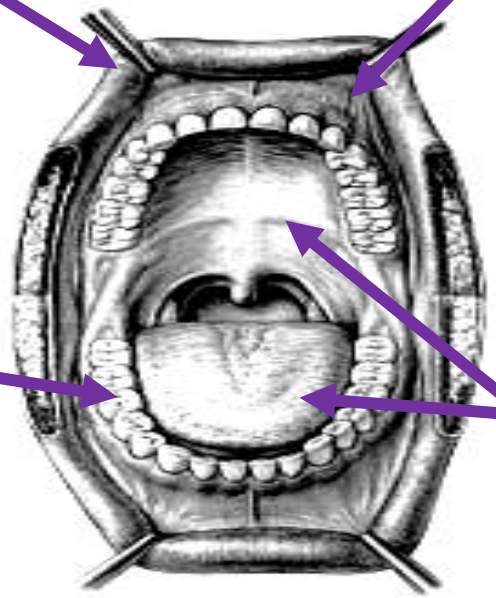
Cups of Water

Lips

- Wrap a piece of gauze around a toothbrush.
- Dip in water and remove any excess water
- Gently remove any dried secretions
- Apply lip balm at the end of oral care

Gums

- Use gauze wrapped around a toothbrush or finger to gently remove any secretions along upper and lower gums



Teeth

- Brush teeth (inside and outside) using toothbrush with a small amount of toothpaste.
- Then wrap fresh gauze around finger, dip in warm water, squeeze out the excess water and sweep out debris/excess toothpaste from inside the lips and cheeks.

Palate and Tongue

- Use toothbrush to sweep the toothbrush from back to front of the palate (ensure excess water has been removed.
- Repeat back to front sweeps on the tongue to remove any secretions.