



MOUTH CARE FOR PEOPLE WITH PARKINSON'S DISEASE

This leaflet provides information on how to look after your mouth.

All Wales Special Interest
Group Special Oral Health
Care

Grwp Diddordeb Arbennig
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www.sigwales.org

MOUTHCARE



An information leaflet for people with Parkinson's Disease.



WHY IS MOUTHCARE SO IMPORTANT



We all need a clean healthy mouth to help us:

- Eat
- Taste
- Speak
- Smile

It is very important to look after your teeth and gums as Parkinson's Disease treatment can sometimes affect your mouth.

The main problems you may have are:-

- Difficulty swallowing
- Dry mouth
- Increase in tooth decay
- Difficulty controlling dentures
- Drooling





DRY MOUTH



Some Parkinson's drugs make your mouth dry, this may affect taste and swallowing.



A dry mouth may cause problems with eating, and an increase of tooth decay and gum disease. It can also make dentures hard to control.



WHAT CAN I DO TO HELP MY DRY MOUTH



Frequent sips of water is best for a dry mouth. There are also gels or sprays you can use to help your dry mouth.



Ask your dentist, doctor or chemist about this.





WHAT IS THE BEST WAY TO LOOK AFTER MY TEETH AND GUMS



Brushing your teeth and gums removes the sticky film of bacteria called plaque.



Not brushing can lead to bleeding gums and gum disease.



Do not wet your toothbrush and use only a pea sized amount of toothpaste.



Brush your teeth and gums with small circular movements. Brush only 1 or 2 teeth at a time.



Clean all sides of your teeth. Start from the outside and clean all the teeth and then the inside.



Lastly brush the biting surfaces. Spit out but do NOT rinse out your mouth after brushing.





ARE THERE ANY TOOTHBRUSHES THAT WOULD HELP ME



If you are having difficulty brushing your teeth there are brushes that may help.

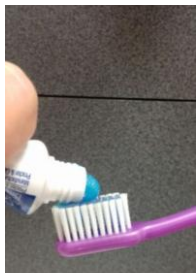
A "superbrush" can brush all 3 surfaces at once. Or try an electric toothbrush.



Keep brushing your teeth even if your gums bleed. If the bleeding continues please contact a dentist.



WHAT DO I NEED TO BRUSH MY TEETH AND GUMS



For cleaning your teeth and gums you will need:-

- Fluoride toothpaste
- Small headed toothbrush
- Discuss high fluoride toothpaste with the dental team





WHAT DO I NEED TO BRUSH MY TEETH AND GUMS



Brush your teeth at least twice a day, especially before bedtime.



You could use an electric toothbrush with a rotating action.

ASK

Toothbrushes can be adapted for you. Ask the dental team for advice.





HOW DO I LOOK AFTER MY DENTURES



Your dentures must be kept clean to avoid mouth infections.



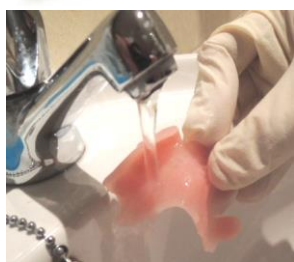
WHAT DO I NEED TO CLEAN MY DENTURES



- Soap or denture cream
- Toothbrush or denture brush
- Denture container



Always remove your dentures to clean them. Check for any cracks, chips or looseness.



Brush dentures to remove any food and plaque over a sink or bowl of water as if you drop them they are less likely to break.



Try to rinse dentures after every meal – again ensure you do this over a bowl or sink of water.

Rinse your dentures well before wearing.





WHAT DO I NEED TO CLEAN MY DENTURES



It is best to leave your dentures out at night. Store them in a lidded container. Clean the denture container daily.



It is also important to clean food and bacteria from your mouth every day. Use a soft brush to clean the gums, cheek and tongue.





SWALLOWING DIFFICULTIES



Parkinson's can cause the muscles in your jaw and face to weaken which affects chewing and swallowing.



WHAT CAN I DO I ABOUT THIS



A speech and language therapist may be able to help with swallowing problems by giving you exercises to strengthen your lips, tongue and throat.



You can also make changes to your diet to include foods and liquids that are easier and safer to swallow.





BURNING MOUTH



Parkinson's can cause a burning mouth feeling which may be due to a dry mouth. If you have a burning mouth you can speak to the dental team as well as your doctor.



INCREASE IN TOOTH DECAY



Any food or drink which contains sugar can cause tooth decay.

- Try to reduce the frequency of eating and drinking sugary things.
- Choose sugar free snacks between meals.



The dental team may advise on the use of a high fluoride toothpaste. Use as directed.





DROOLING

Parkinson's can cause drooling and may be related to swallowing problems. If you swallow less, saliva can build up and overflow, especially when you are concentrating.



ADVICE

Drooling can lead to sore lips or cracks developing around the lips.



THINGS THAT MAY HELP

A change of posture can help as a stooped head down position increases drooling.



ADVICE

Try closing your lips as tight as you can and hold for a count of 4, relax and repeat 5 times.

Smack your lips together as if puffing on a pipe. Stretch your lips in a wide smile and hold for a count of 4 then relax. Or use a beeper to remind you to swallow.





CONTROLLING DENTURES



People with Parkinson's can have difficulty controlling their dentures from:

- **Loss of muscle tone**
- **Dry mouth**
- **Pooling of saliva**
- **Problems with facial muscle control**
- **Old, worn or poorly designed dentures**



Loose dentures that rub parts of the mouth can cause soreness or ulcers. This can make eating and speaking difficulties worse.



Speak to your dental team about ways of controlling your dentures as they may have suggestions that will help.



Ensure you see the dental team regularly so any problems can be dealt with early.

Remember to tell your dental team if you think you may have physical problems during your treatment.



