



Oral Cares for Nil By Mouth or Reduced Oral Intake

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When an individual has limited or nil oral intake, providing oral cares is very important. The frequency will vary depending on the needs of the individual and may be every 2 hours.

Oral cares are often recommended to address dryness of the mouth for comfort as well as oral hygiene and prevent aspiration pneumonia.

Before completing oral cares it is important to wash your hands and wear gloves to ensure the safety of yourself and the other individual.

- Dip bicarb swab in regular water.
- Remove excess water from the swab. When providing oral cares, it is important to remove any excess fluid from bicarb swab to reduce any potential risk of aspiration. Excess fluid in the oral cavity could be removed by suctioning if necessary.



- Ensure the individual is aware of the procedure you are about to perform.
- Start by touching the lips, note response from the person and move slowly.
- Clean the front of the teeth with bicarb swab, working towards the inside of the cheeks.
- Next, clean over and under the tongue.
- Replace the bicarb swab as required throughout the procedure.
- Finish by applying lip balm to provide a protective seal and comfort for the individual.



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