

Mouth Problems

Your mouth can become sore if you have ill-fitting dentures, mouth ulcers, infection or a dry mouth as a side effect of medication. Mouth problems can make eating and drinking unpleasant but it is important that you continue to eat and drink as well as you can.

- Choose soft foods** as these require less chewing (see '*Fortified Soft Diet*' resource for examples).
- Serve meals with a sauce** such as gravy, cream or custard to keep food moist.
- Try soaking dry foods** to make them easier to eat; for example cereal with warm milk, dipping bread into soup or dunking biscuits into your cup of tea.
- Allow foods and drinks to cool down** and take small mouthfuls at a time.
- Use a straw in your drinks** throughout the day.
- Stimulate saliva flow** by sucking ice cubes, boiled sweets or chewing gum.
- Choose cool, smooth foods to refresh and soothe your mouth** such as yoghurts, ice cream or mousses.
- Avoid salty, spicy or sharp foods** which may sting your mouth.
- Refrain from drinking alcohol or smoking** as these irritate your mouth and throat.
- Apply lip balm** to relieve chapped dry lips.

Dental Care

It is important to maintain your oral hygiene and visit your dentist regularly as having a sore or dry mouth can make you more prone to tooth decay.

- Choose fluoride toothpaste** and try using a soft toothbrush to clean your teeth.
- Leave dentures to soak in a denture-cleaning solution** overnight and brush to remove all debris.
- Help prevent chafing** and remove your dentures when you can.
- Your dentures may not fit properly** if you have lost weight; visit your dentist to get refitted.



Tip: Speak with your dentist, GP or pharmacist for more specialised advice.