



In case of Emergency please report to Casualty Department of the Hospital.

**Take care of your mouth, teeth and gums to minimize discomfort and help prevent infection.**

- Tell your doctor or dentist if you are experiencing any mouth problems.
- After every meal, floss your teeth and brush your gums, teeth and tongue with an extra soft toothbrush, a fluoride toothpaste and lukewarm water. *Don't forget to brush the inside surface of the teeth.*
- Try non- mint flavored or children's toothpaste, if mint flavored toothpastes are too strong.
- Avoid alcohol based mouthwashes as they can irritate the inside of your mouth.
- Use the mouth rinse (recipe below) before and after eating and before bed *OR* every 2 hours to help keep your mouth moist, clean and well lubricated.

**Mouth Rinse Recipe and Instructions**

- ✓ *Mix 1/4 teaspoon of baking soda and 1/4 teaspoon of salt in 1 cup of warm water.*
- ✓ *Store in a container with a lid and keep at room temperature. Shake well before using.*
- ✓ *Rinse and gargle with 15 ml of rinse mixture, then spit out and repeat 2 more times.*
- ✓ *Discard any leftover rinse and make a new batch every day.*

**If you wear dentures:**

- Remove and brush your dentures thoroughly after each meal.
- Rinse your mouth using the baking soda & salt water rinse (recipe above).
- Brush your gums and tongue with an extra soft toothbrush.
- Leave your dentures out as much as possible if you don't need them.
- Have your doctor or dentist check that your dentures fit properly. They may suggest that you wear them only when you are eating or not at all.

**Food Ideas for a Sore Mouth and Throat Try some of these suggestions:**

- Eat or drink in small amounts throughout the day instead of trying to eat large meals.
- Cut, mince or blend foods before eating to minimize chewing and ease swallowing.
- Use a straw to help get fluids past a tender or sore area in the mouth.
- Keep your mouth as clean as you can.

**Limit or avoid foods that may further irritate the lining of the mouth and throat such as:**

- **Extremely hot or cold foods.** *Let foods and fluids cool or become lukewarm before eating or drinking.*
- **Citrus or acidic foods** such as orange, pineapple, grapefruit, tomato sauce, vinegar and pickled foods. *Substitute melon, avocado, papaya, canned pears, applesauce, fruit nectar, fruit flavoured drinks, cheese sauce, cream sauce or mayonnaise based dressings.*
- **Salty foods** such as commercially prepared soups and broths. *Try low sodium broths or homemade soups.*
- **Spicy foods** especially those made with pepper, chili powder, garlic and paprika. *Instead, lightly season foods with basil, thyme, bay leaves or oregano.*
- **Dry or crispy textures** such as toast, crackers, cookies, nuts, raw vegetables & fruits. *Soak biscuits or bread in soups or beverages. Try canned fruit and cooked vegetables.*
- **Fruits or vegetables with tough skins or seeds** such as pears, apples, cherries, apricots, tomatoes, peas, corn, blackberries, raspberries. *Try soft peeled, canned or strained fruit and cooked mashed vegetables.*

**Sample Menu Ideas – High Energy High Protein Soft Food Ideas**

<b>Time of Day</b>	<b>Food Ideas</b>
<b>Breakfast</b>	Hot cereal or oatmeal made with whole milk and topped with sliced banana.
<b>Snack</b>	Homemade smoothie prepared with whole milk, yogurt, frozen fruit and protein powder; Cottage cheese or greek yogurt served with soft fruit or soft boiled eggs; Custard or ice pudding. Shrikhand or Piyush or melted ice cream.
<b>Lunch/ Dinner</b>	Fish or Soft Chicken salad or hummus served with soft bread or croissant Split pea soup drizzled with extra virgin olive oil. Poached fish or tender meat served with mashed potatoes and gravy, well-cooked, soft vegetables topped with grated cheese. Cottage Cheese with soft vegetables.