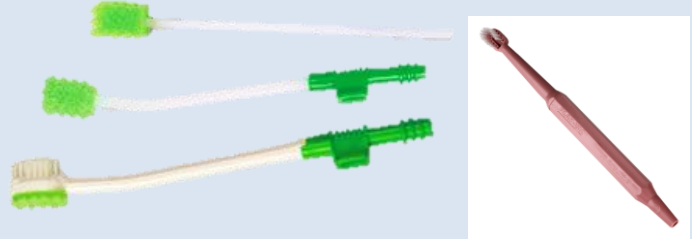
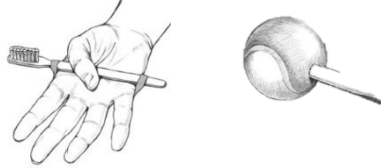



Oral Hygiene Recommendations

Physical changes that occur with ALS can make it difficult to keep the mouth clean. Oral care is of vital importance because, as studies have shown, bacteria remaining in the mouth can travel to the airway, infect the lungs, and cause pneumonia or other respiratory infections.

Routine Recommendation	Rationale
Brush at least twice per day	Prevent plaque from accumulating and to remove bacteria.
Floss between teeth once a day	This will help remove food and plaque that the toothbrush cannot reach
Replace your toothbrush every 3 to 4 months (or after a cold)	Keep brush fresh and hygienic
Rinse with an antibacterial rinse or add moisture to the mouth with a swab	To kill bacteria and help prevent dry mouth that can be caused by mouth breathing, BIPAP use, and/or certain medications.
Helpful Products	Description
Toothette (with or without suction) Plak Vac (attachment for home suction) <i>To create ease with maintaining proper oral care</i>	 <p>For an example of toothettes, visit: shopsageproducts.com/Toothette-Oral-Swabs For an example of Plak Vac, visit: https://www.mountainside-medical.com/products/plak-vac-suction-toothbrush</p>
Modified grips on toothbrush <i>To create ease with functional use of maintaining proper oral care</i>	 <p>For an example of these products, visit: www.nidcr.nih.gov/imagegallery/oralhealth/ToothbrushAdaptations.htm</p>

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<p>Power Flosser</p>	<p>Hummingbird Oral B Power Flosser (left) Waterpick Power Flosser (would not recommend using with water)</p> 
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