

## Mouth care

### Useful tips if you're recovering from COVID-19

Mouth care, or good oral infection control, is important as it can prevent dryness and future infections. Breathing masks can dry out your mouth so it is particularly important to keep it clean if you have had any help with your breathing in hospital. You may have experienced a dry or sore mouth, cracked lips or bad breath during your hospital stay. Mouth care is important to help manage this and prevent any future problems.

#### How to look after your mouth



**Brush your teeth twice a day using toothpaste**



**Drink plenty of fluids (regular sips, throughout the day)**



**If you wear dentures, remove them and clean both the dentures and your mouth twice a day and always take dentures out at night**



**Use lip balm if you lips are dry**

If you are following this advice and your mouth is still dry or sore, contact your GP.

Please ask any member of the team caring for you if you need help understanding this leaflet, or if you need the information provided in an alternative format. This includes translations, large print, Braille, easy read, on audio tape, or via email.