We will help you. Please let us know if you would like any help.

A decline in oral health can lead to infection and a longer hospital stay. It is important to brush teeth twice per day using a fluoride toothpaste.

We encourage to bring your own, but we can provide a toothbrush and toothpaste. Please ask as soon as you can. These items can also be purchased from Lloyds Pharmacy on Level 3 or WHSmith at the Main Entrance.

You can wear them as normal while with us, but dentures should be out at night-time. If necessary, ask for help when cleaning dentures daily.

I am unable to care for my own mouth,

 can I get help?

Helping us keep you safe…

I forgot my toothbrush or toothpaste.

I wear dentures. What will happen to them?

* Don’t wait until you are desperate! Ring your bell in good time, and we’ll get to you as soon as we can. Tell us if your call bell is not to hand.
* We will give you non-slip socks to wear when moving around. Ask us if you need help with these

What needs to happen for me to go home?

When should I expect to go home?

Helping you get ready to leave hospital

Can you answer these questions?

Do you know why you are in hospital?

Do you know the plan for your care?

Do you know the plan for your care?

**No? Please speak to your nurse, therapist, or doctor**

Caring for your mouth when in hospital

**Eat Drink Move**

Eating well, drinking fluids, being active by getting out of bed and moving about if possible, can help you:

Feel better faster and have less chance of developing complications such as chest infection or blood clot

Keep doing what you like doing (such as Sudoku, Crosswords, Knitting). Ask your family or friends to bring you in something to do