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## Oral Mucosa Care for Oral Surgical Patients



To deliver intelligent and holistic medicine and to provide the best healthcare  
Compassion Quality Innovation Accountability

All information above has been reviewed by oral surgery specialists  
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## **I. What is a normal oral mucosa?**

Normal mucosa appears as a moist, smooth and pink to red color in your oral cavity. The mouth is a very important entrance to the human digestive and respiratory system.



## **II. The functions of oral mucosa:**

The oral mucosa is the defender of the oral cavity. It has physical, chemical and immune protective functions. Oral mucosa is protected by saliva, which has the ability to buffer toxic substances. Furthermore, saliva can help decrease the microorganisms that adhere to the surfaces of oral mucosa or teeth.

## **III. How to do a self examination?**

Many people experience discomfort in their oral cavity because of physical exertion, mental stress or endocrine misadjustment. So how do you complete a self-examination of the oral cavity? Look for traces of the following symptoms in your oral cavity:

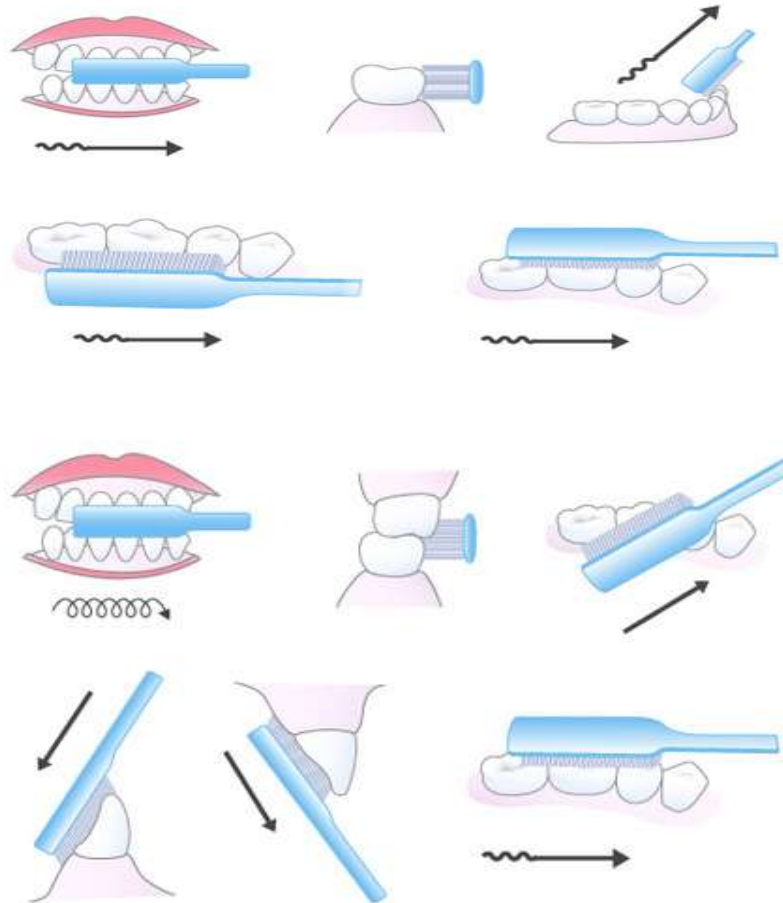
- (1) Any abnormal ulcer lasting for more than two weeks
- (2) Unreasonable swelling lasting between two to four weeks
- (3) Appearance of unusual pigmented spots and/or patches

If you have any above symptoms, you have to see a dentist as soon as possible.

## **IV. Dental Health Care**

When we have head and neck problem, we may feel uncomfortable or irritated. In fact, it is difficult to determine which specialists to see for diagnosis or treatments because many diseases are related to dental health.

For example, if you feel pain or swelling in the head and neck for unknown reasons, or come down with a fever, this may be caused by temporomandibular joint pain, salivary glands swelling, trigeminal nerve spasm, or maxillary sinus abscess. We suggest you regularly visit your dentists for tooth scaling and careful oral examination. Not only can you take good care of your teeth, but you can also protect your dental health and detect benign / malignant tumours in the oral mucosa. Early treatment is necessary and important.



## V. The right method for proper brushing:

### 1. Brushing methods:

The purpose of brushing teeth is to remove all the dental plaques. The common ways are as follows:

#### (1) Scrub method

Make short vertical brushes from the gum and across the teeth. Repeat with circular motions.

#### (2) Fones methods:

Use back and forth motions for the lower and upper chewing surfaces.

#### (3) Roll method:

Brush the gums and teeth snapping surfaces into thirty degrees rotating brush under the occlusal surfaces. Three surfaces of each toothbrush are on the outside, inside and chewing surfaces of each tooth. You need to brush each tooth at least 10 times.

### 2. Brushing time:

At least three minutes and not too short.

### **3. Brushing tools:**

#### **(1) Toothbrush:**

The size must to fit the child's' upper and lower dental arch and be flexible. Your toothbrush should have soft bristles that are gentle on your teeth and gums. A hard, easy hair removal and bristle design of the toothbrush may damage your teeth and gums.

#### **(2) Electric Toothbrush:**

Electric toothbrush can help the elderly, infirm, or physically inflexible patients to use (such as cerebral palsy or stroke patients)

#### **(3) Toothpaste:**

The taste and brand are according to your preferences. In addition, we suggest the fluoride toothpaste as the first priority.

#### **(4) Water Flosser:**

It is known as the scaling marching. It is a supplementary instrument for learning oral hygiene. Brushing and flossing should be given in priority.

### **4. Dental Checkup:**

Visit the dental clinic for a regular cleaning and check up every six months. Dentists can help you apply fluoride to your teeth to prevent decay, and also help you to remove dental calculus if indicated.

## **VI. Diet :**

Sweets or deserts must be limited to one time a day. We propose peanuts, tofu, beef jerky, squid and fruit instead of candies, cookies, cakes and other foods that easily lead to cavities.

**VII.** Visit the dentist regularly for oral mucosa examination every six months, is highly recommended.



## **VIII. Conclusion**

Establishing good oral health habits, regular oral examinations, maintaining oral health, early detection of problems

and early treatment, a healthy mouth and a happy life require the cooperation between you and your dentist.

## **Reference**

衛生福利部心理及口腔健康司(2023)·高齡者及特殊需求者口腔機能促進保健手冊(醫療工作實務版),01-47。

Let's take the quiz to make sure you understand

1. Normal oral mucosa is moist, smooth and pink to red.

Yes  No  Don't know

2. If you have abnormal ulcers lasting for more than two weeks, unexplained swelling that lasts for at least two to four weeks, or abnormal color patches or spots, you need to seek medical attention immediately.

Yes  No  Don't know

3. Regular dental cleanings every six months are not required.

Yes  No  Don't know

4. When brushing your teeth, choose toothbrush bristles that are soft, elastic, hard, easy to shed and deform, which may harm the health of your teeth and gums. .

Yes  No  Don't know

5. Brush your teeth for at least three minutes each time, not too short to avoid poor cleaning. .

Yes  No  Don't know