



Speech and Language Therapy Saliva Management

This information is for: _____

Why do I have difficulties managing my own saliva?

You may have difficulties managing your own saliva if you have had a stroke or if you have a *progressive neurological disorder*, such as Parkinson's disease, Motor Neurone Disease or Multiple Sclerosis. These conditions can lead to muscle weakness in your face, lips and tongue which can cause you to drool without realising it.

How can I manage my own saliva?

- Try to take regular sips of fluid to help 'wash' the saliva down.
- Suck on sugar free hard boiled sweets or sugar free gum to help you swallow more frequently. However, if you have swallowing difficulties, please ask your Speech and Language Therapist before using sweets and/or gum.
- Make a conscious effort to swallow. A reminder alarm system may be helpful in prompting you to swallow.
- Try to sit as upright as possible. If you are reading, chatting, or watching the television, make a conscious effort to close your mouth as tight as you can when possible.
- Avoid sugary foods and drinks as this often leads to production of excessive saliva.
- If your saliva is thick, try drinking pineapple juice to thin the saliva. Also, try drinking more water throughout the day to help thin your saliva.
- Brush your teeth/dentures and tongue two times a day to avoid infection, which can be caused by stale saliva in the mouth.
- When at home, consider wearing a neckerchief to keep your skin dry.

Special Recommendations:

Your speech and language therapist is: _____. Please ring the Speech and Language Therapy department on 01305 255165 for assistance.

About this leaflet:

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



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