**Mouth Care**

Maintaining a good dental care routine will help prevent infection as you recover from your transplant. One of the most important things to remember is to be gentle when brushing or flossing. Your ***platelet*** count may still be low as you recover from your transplant, which may cause your gums to bleed a little in the beginning. Follow the guidelines below to help you maintain a healthy mouth.

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| **Action** | **Items Required** | **Frequency** | **Special Instructions** |
| Brushing | Soft bristle manual or electric brush  OTC toothpaste with fluoride | 4x /day  - After meals  - At bedtime | **After meals**: Use Over-the-Counter (OTC) Toothpaste with Fluoride  Toothbrushes and toothbrush heads should be rinsed with water after every use, allowed to air dry, and replaced every 3 months. |
| Flossing | String floss or disposable flossers | 2x/day | Use clean floss each time you floss your teeth.  If you have very low platelets and are at risk for bleeding, speak with your care team before resuming flossing. |
| Water pick (optional) | Any water pick | 2x/day | Clean the tip after every use by soaking in white vinegar and water for 5-7 minutes. Air dry. Replace tip every 3 months.  Clean other parts of the machine according to the manufacturer recommendations. |
| Topical fluoride | Toothbrush | Daily at bedtime | Apply before bed, after flossing and brushing. Do not rinse afterward. |
| Mouth rinses (optional) | Salt & warm water OR  Baking soda & warm water | As often as needed for comfort | Stir 5mLs (1 teaspoon) of salt OR baking soda in 4-8 ounces of warm water and swish around in your mouth, then spit out.  This can be used to rinse out your mouth or help keep your mouth moist. |
| Denture care | Denture disinfectant, toothbrush | After each meal | Clean dentures after each meal with a toothbrush.  Rinse your mouth with water and brush any remaining teeth as indicated above.  Soak your dentures overnight in a disinfecting rinse. |