

# KNOW, LOOK, ACT – Oral Pain

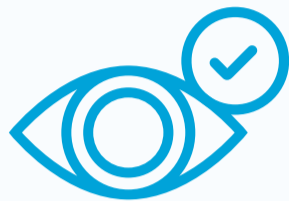
## Recognising and responding to signs of mouth and tooth pain in residential aged care



### KNOW

#### the signs of oral pain

- ✓ weight loss
- ✓ increased saliva and drooling
- ✓ swollen or bleeding gums
- ✓ pain, sensitivity and discomfort in the mouth
- ✓ holding the mouth, jaw or head if unable to tell you in words
- ✓ growth or lesion on the mouth or lips
- ✓ decreased appetite
- ✓ reduced food intake
- ✓ avoiding certain foods
- ✓ refusal to wear dentures
- ✓ change in habits – refusal to brush teeth.



### LOOK

#### inside the mouth and identify any issues

- ✓ inflamed gums
- ✓ bleeding gums
- ✓ bad breath
- ✓ pimples or ulcers on gums
- ✓ loose teeth
- ✓ tooth decay
- ✓ swelling on face or mouth
- ✓ poor fitting dentures.



### ACT

#### and contact a dental practitioner

- ✓ call the visiting dental practitioner or the resident's regular dental practitioner.

Ask the resident for permission to look inside their mouth.

Use an oral health assessment tool to help you check their mouth and teeth.

Try the SA Dental Oral Health Assessment.

Phone the Aged Care Quality and Safety Commission's Food, Nutrition and Dining Hotline on **1800 844 044** (free call), 9am – 5pm AEDT, Monday to Friday if you wish to speak with professionals about issues, ideas or concerns in relation to an enjoyable food, nutrition and dining experience in an aged care service. Alternatively, you can contact the Commission's general enquiries line on **1800 951 822** (free call).



 **Phone**  
1800 951 822

 **Web**  
[agedcarequality.gov.au](http://agedcarequality.gov.au)

 **Write**  
Aged Care Quality and Safety Commission, GPO Box 9819, in your capital city

