

Sore Mouth and Throat

Things to Do:

1. Moisten foods: dunk in tea, coffee, milk. Add sauces, gravies or melted butter to dry foods.
2. Use tender cuts of meat or soft alternatives- fish, soft cheese, soft cooked or scrambled eggs, pudding, ice cream, or cream soups. Soft sweet foods can promote tooth decay so be sure to brush after eating with a soft bristled toothbrush.
3. Blenderize or use a food processor for cooked meat, fruits, and vegetables. You may want to use commercially prepared baby foods for convenience.
4. Try cooked cereal served with margarine, butter or cream.
5. Try soft rolls, breads,-avoid those with seeds.
6. Avoid dry snack foods, dry course cereals or crackers.
7. If swallowing becomes extremely difficult, tilt the head upward to have food flow to the back of the throat. This will make swallowing easier.
8. Drink lots of fluids.
9. Suck on ice chips.
10. Use sugarless hard candies or sugarless gum to increase moisture in the mouth.
11. Eat mainly soft foods served at room temperature.
12. Use high protein, high calorie drinks.
13. Baking soda rinses made with 1/2 tsp. baking soda in 1 cup (8 oz.) of water with 1/2 tsp. salt.