

# DENTAL CONSIDERATIONS FOR THE OSTOMY PATIENT

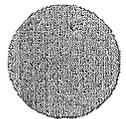
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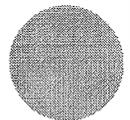
# OSTOMY

- o Whether you are living with a colostomy, ileostomy, or urostomy, you have underlying conditions, dietary considerations, prescription medications, and/or on-going treatments which present challenges to your oral health.



# CHALLENGES TO YOUR ORAL HEALTH

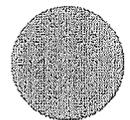
- Diet
- Prescription Medication (including, but not limited to chemotherapy)
- Radiation Treatment



## o Dietary Considerations

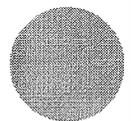
- Are you staying hydrated?
  - o What are you drinking?
    - o Choose water
    - o Limit acidic beverages
    - o Limit sugary beverages
    - o Reasonable consumption of alcoholic beverages
  
- Are you eating sensibly?
  - o Select fresh meats, cheeses, fruits, and vegetables
  - o Limit acidic foods
  - o Limit sugar
  - o Limit simple carbohydrates (like crackers and breakfast cereals)

NOTE: If your mouth is too dry (a condition called “xeristomia”), you are at increased risk for excess plaque accumulation, tooth enamel erosion, cavities, gum disease, and bad breath. You may also discover that chewing and swallowing food, as well as speaking clearly, may be difficult for you.



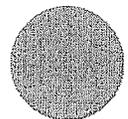
## ○ Prescription Medication Considerations

- Most prescription medications cause xeristomia.
  - This puts you at greater risk for excess plaque accumulation, tooth enamel erosion, cavities, gum disease, and bad breath. Chewing and swallowing food may become more difficult, and your speech may be impaired.
- Chemotherapy may cause nausea and/or vomiting.
  - This puts you at greater risk for acid erosion of your tooth enamel.
  - Any medication prescribed to counteract the nausea will decrease salivary flow, leading to xeristomia.
  - Excessive bleeding due to compromised bone marrow.
    - This is of most concern only if oral surgery is necessary.



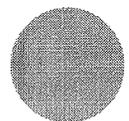
## ○ Radiation Treatment Considerations

- Infection, inflammation, and/or ulceration of the lining of the mouth and throat. Most often caused by decreased salivary flow.
  - Thrush is an example of a common fungal infection.
- Osteonecrosis, or death of bone tissue.
  - This may delay, or even prevent complete healing from oral surgery, such as tooth extractions.



# WHAT YOU CAN DO

- Talk to your dentist about your medical history and concerns.
  - If you require antibiotics for any dental reason, there are antibiotic choices that are less likely to cause gastrointestinal consequences.
  - You may benefit from more frequent cleaning appointments with your dental hygienist. Your dental hygienist is a great source of product information and personal support.
  - In-office fluoride treatments, and prescription strength fluoride toothpastes will fortify the enamel of your teeth, as well as protect any exposed root surfaces from decay.
- If you do not already have a dentist, make an appointment and get established with one.
  - You and your dentist will determine any dental challenges you are facing and discuss preventive and restorative treatment options.
  - You may benefit from frequent cleaning appointments with a dental hygienist. Your dental hygienist is a great source of product information and personal support.
  - In-office fluoride treatments, and prescription strength fluoride toothpastes will fortify the enamel of your teeth, as well as protect any exposed root surfaces from decay.



## WHAT YOU CAN DO

- Talk with your doctor about prescription medications to help counteract xeristomia.
- Over-the-counter remedies
  - Biotene and Oasis are two well-known brands for dry mouth relief. These products are with toothpastes and toothbrushes in your supermarket or drugstore.
  - Use an enamel fortifying toothpaste, like ProNamel, by Sensodyne.
  - Daily alcohol-free fluoride rinses, such as ACT and Colgate Phos-Flur.
- Sugar-free hard candies, gums, and mints
  - Look for brands containing xylitol, a natural, plant-based sugar substitute. Spry is a brand that provides great variety. Whole Foods, Central Market, and Amazon carry Spry.
- Increase water consumption with frequent sips.

