



Information Sheet

Dry Mouth and Dry Skin

Dry Mouth and Dry Skin are common problems in the late stages of life for various reasons (such as mouth breathing or poor hydration). Mouth breathing common which will cause dryness in oral membranes and increase suffering.

Care for a person with **Dry Mouth**:

- Use toothettes dipped in cool water
- Avoid mouthwash (may contain alcohol that increases dryness)
- Humidify air in the patient's room
- For the lips, use a water-based lubricant (not Vaseline, especially with oxygen in use)

Care for a person with **Dry Skin**:

- Essential for comfort
- Air mattress, egg crate mattress
- Light bedding to prevent restlessness
- Keep skin moist
- Pay attention to heels, elbows and other places where skin contacts bedding.
- Turn the person slowly
- Use supportive devices (pillows, wedges)