

Mouth and Skin Care **SKILL**

Watch and Review

- ▶ Keeping your mouth and skin clean is essential.
- ▶ Watch the video, then just follow each of the steps.

SKILL: MOUTH CARE

Some patients with gastrostomy and jejunostomy tubes will also be taking food by mouth. If you are not taking anything by mouth and have an enteral tube, it is still important to keep your mouth clean.

- ▶ Continue to brush your teeth with a soft brush twice a day.
- ▶ Keep your lips moist to prevent cracking. If needed, use a lip cream.

Call your doctor or nurse if you have any continued cracked red skin or mouth problems.

Infants or the elderly who do not have teeth will need to have their gums rubbed with a moist cloth. Ice chips or sugarless gum can help keep your mouth moist if you are allowed.



SKILL: SKIN CARE

- ▶ It is important to keep the skin around the feeding tube stoma site clean and dry. After a gastric button or long tube is inserted, there may be a small amount of redness or yellowish fluid around the new stoma site.
- ▶ The fluid will dry and crust around the site.
- ▶ Clean around the stoma with mild soap and water, and apply a small gauze dressing with a “Y” cut into the center to allow the gauze to sit around the tube. Use a dressing for the first 2 to 3 days and then remove. Clean around the stoma after that while bathing, and do not use lotions, ointments, or creams on the skin.
- ▶ Rotate the gastric button or tube after cleaning the skin to prevent skin breakdown due to pressure.
- ▶ If you have had a PEG or PGJ procedure, there may be a dressing on the site. It is often left in place for one or two days. If the site is healed, remove the dressing. Clean the site once a day with soap and water, and keep the site dry.
- ▶ You should not attempt to rotate the tube with a PEG or PGJ insertion because it is stitched (sutured) in place.

