

Advice to help control saliva

People with Parkinson's often have problems with drooling or dribbling. You may find that saliva builds up in your mouth, and unless you swallow it down, it can overflow. You are not actually producing any more saliva than usual, but the natural tendency to regularly swallow your saliva has slowed down.

Poor lip closure may also contribute to the problem. If you do not keep your lips closed, saliva may leak from your mouth.

What can you do to help?

- Pay attention to your posture. Keep your head in an upright position. If your head is bent forward, saliva will escape from your lips more easily.
- Make a conscious effort to swallow your saliva regularly, especially if you are aware of a "watery" feeling in your mouth. This indicates that saliva is building up.
- Swallow before you open your mouth to eat or speak.
- Try to keep your lips together if you are not speaking or eating.
- Thick saliva is more difficult to manage than thin. Make sure you drink plenty of fluids, as this is one of the most important ways to make sure that saliva is thin. Some people find pineapple juice is especially helpful.
- If you have trouble with choking on saliva while lying down, raise your head so your neck is flexed during sleep, or lie on your side to allow saliva to drain out of your mouth.

Speech and Language Therapist: _____

Telephone number: _____

Compiled by Speech and Language Therapy

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