

# ORAL DESENSITISATION PROGRAMME

## Rationale

This strategies and advice in this oral desensitisation programme is designed to improve oral comfort and oral health, thereby improving quality of life; decrease oral sensitivity or prevent orally defensive patterns emerging, improve tongue movement and may support long term rehabilitation of swallowing function.

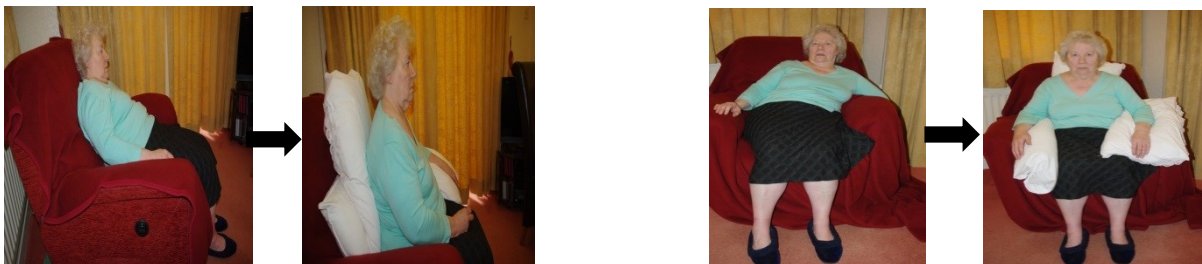
Many of the activities mentioned provide proprioceptive and tactile sensation to the mouth. It may therefore be appropriate to include this programme as part of the person's Oral Hygiene routine.

Different people demonstrate different degrees of sensitivity in different parts of the face and mouth, so be guided by the healthcare professional and by the individual's response when undertaking the programme.

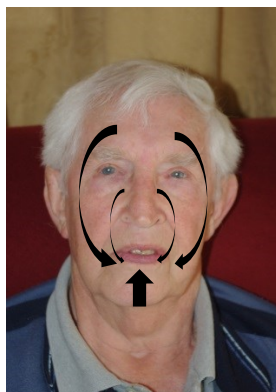
## Programme

Aim to carry out activities on a daily basis as this will help to maximize the ability to develop tolerance to sensations in the mouth.

- 1. Always make sure the person is positioned appropriately, is supported and has postural stability.**



- 2. Facial hypersensitivity may be displayed by facial grimacing, moving the face away from touch or becoming more agitated. Follow the arrows in the picture, moving the hands towards the mouth.**



**3. Oral hypersensitivity may be displayed by facial grimacing, moving the face away from touch or becoming more agitated. Place a finger on the lips and rub along the lips**



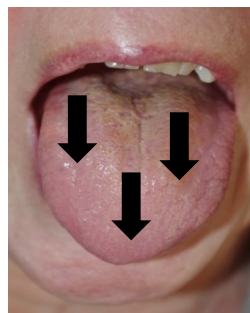
**4. Roll the finger inside the lip**



**5. Rub the finger along the gum surface**



**6. Introduce a stimulus to the tongue: wipe the finger or back of a spoon over the tongue surface. Explore different textures and temperatures once touch over the tongue is tolerated – improve tolerance of each different stimulus slowly - be guided by the individual and the healthcare professional.**



It is important that the person's tolerance to textures and oral motor skills are developed at a comfortable pace – be patient.