

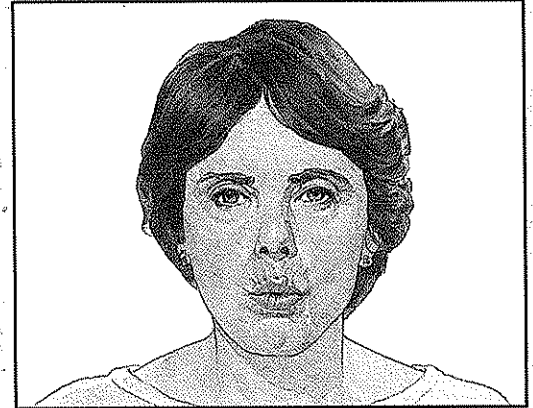
For Safer Swallowing

Having a swallowing problem (**dysphagia**) makes eating and drinking harder to do. Choking is more likely when you have trouble swallowing. You may even swallow wrong, causing food or liquid to enter your lungs. This can put you at risk for pneumonia. To make swallowing safer, use the exercises, meal tips, and swallowing guide on this sheet.

Increase Lip Control

By improving how well your lips close, you can reduce drooling. You may also have less food collect between your gums and cheeks. Practice these exercises ___ times a day.

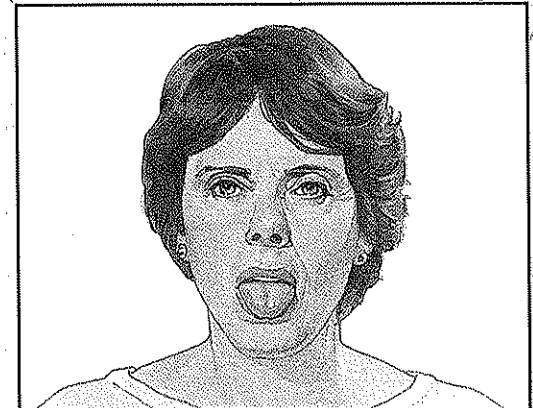
- Pucker your lips. Kiss the air, then relax. Do ___ times.
- Blow and suck through a drinking straw. Do ___ times.
- Close your mouth and puff out your cheeks. Do ___ times.
- Smile ___ times.



Increase Tongue Strength

These exercises can help make your tongue stronger and better able to move. Practice them ___ times a day.

- Stick your tongue out as far as you can. Do ___ times.
- Bring the tip of your tongue toward your nose. Do ___ times.
- Stretch your tongue toward your chin. Do ___ times.
- Touch the corners of your mouth with the tip of your tongue. Go back and forth ___ times.
- Push your tongue against the inside of each of your cheeks. Do ___ times.



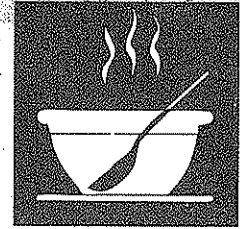
Meal Tips

- Eat only when you are alert.
- Take small bites. Chew each bite fully.
- Eat slowly.
- Take a sip of liquid after swallowing each bite of food.
- Don't talk while you eat.
- Make sure food is not too hot or too cold.
- Sit upright for at least 20 minutes after you're done eating.

Just for You

Guide for Swallowing

Your speech therapist will change your diet as your swallowing improves. For safety's sake, use the swallowing guide below. Your speech therapist will check off the boxes that apply to you.



Solids:

- None
- Puréed
- Soft
- Regular
- Other _____

Side of mouth:

- Use left side
- Use right side

Liquids:

- None by mouth
- Ultra thick
- Thick
- Thin
- Other _____

Side of mouth:

- Use left side
- Use right side

Utensil to use:

- Spoon
- Cup
- Straw
- Other _____

Medications:

- None by mouth
- Crushed tablet
- Liquid form only
- With food
- With water

Body Posture:

- Sit up straight (90 degrees)
- Recline _____ degrees
- Face forward
- Other _____

Technique:

- Tuck chin for each swallow
- Turn head left/right
- Tuck chin for _____
- Other _____

Special Instructions:
