



# SYSTEMIC SCLEROSIS

# Treatment



- Preservation or replacement of the existing dentition is a great challenge for a dentist in these cases.
- Patients should be instructed regarding the importance of maintaining proper oral hygiene and counseled frequently in order to prevent the patient undergoing depression due to the challenging nature of the disease.

# Treatment



- Mouth dilator exercises such as increasing the number of tongue blades/ice cream sticks between the posterior teeth, should be encouraged.
- Difficulty in holding a toothbrush secondary to sclerodactyly can be overcome by advising patients to use adaptive devices such as electric toothbrushes, Waterpik flossers, and floss forks.



# Orofacial exercises

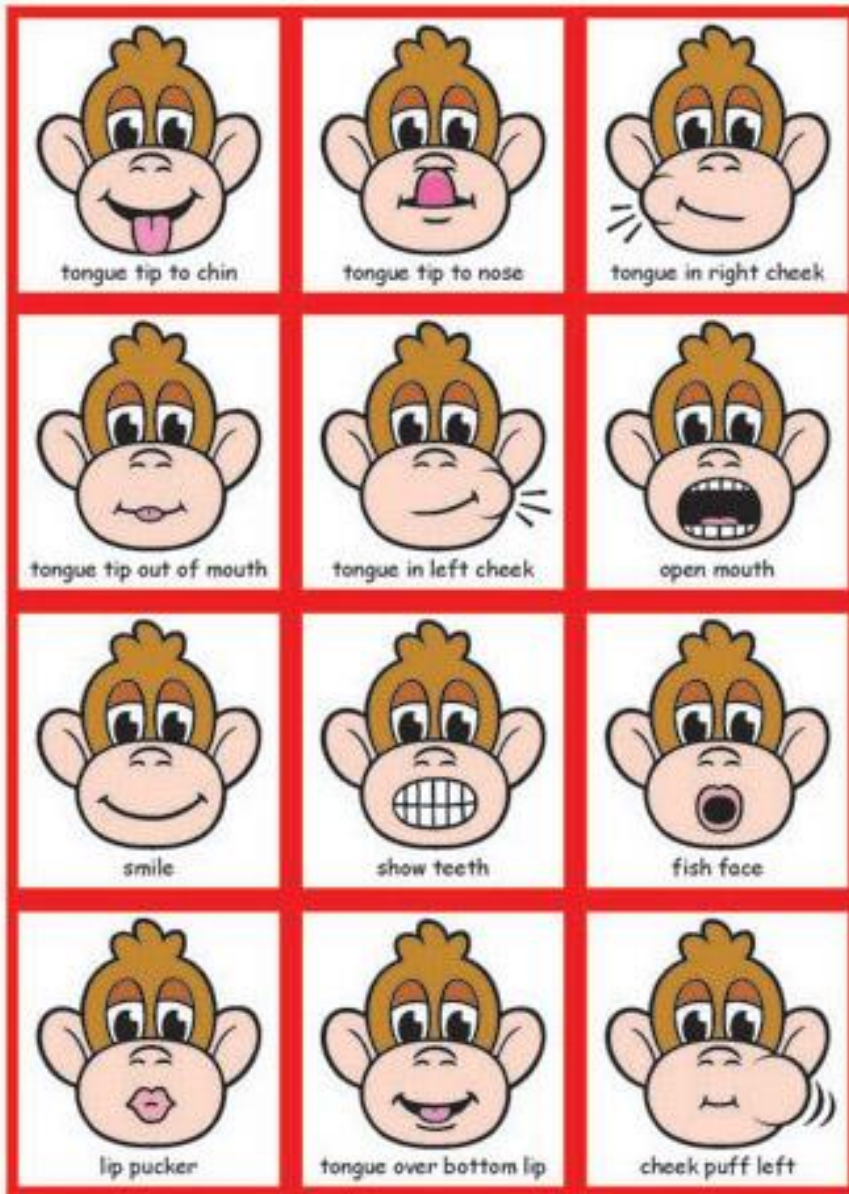


- **Manual mouth-stretching exercise**
  - Involved placing the right thumb at the corner of the left side of the mouth and the left thumb at the corner of the right side of the mouth.
  - Patients are instructed to simultaneously stretch both sides of the mouth horizontally as far as they can and hold this position for 15–20s and then rest for 10s before repeating the stretching.

# Orofacial exercises

## • **Oral augmentation exercise**

- Involved inserting a wood stick (2cm × 1.5cm × 9.5cm) between the upper and lower teeth at one side of the mouth corner.
  - Patients stretch the mouth opening by turning the stick on the corner and gently pushing the stick as far back towards the posterior teeth as possible.
  - The patients held the stick in this position for 15–20s and then removed the stick and rested for 10s before repeating the entire process on the opposite side of the mouth.
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- Patients are instructed to repeat each exercise three times consecutively, and to perform each type of exercise two times a day (morning and evening).



# Oral Motor Exercises

## BLOW



## LIPS



your LIPS

## MOVE your



# Treatment



- Temporomandibular/myofacial pain dysfunction can be treated with the use of muscle relaxants, physiotherapy, and dental appliances.
- Dysgeusia (altered taste sensation) and dental caries secondary to xerostomia can be avoided by advising the use of artificial saliva, sugar free candies, fluoride toothpaste and medications like pilocarpine.

# Treatment



- In severe cases, surgical procedures, such as commissurotomy, are recommended to increase mouth opening.