

# Administering therapeutic asthma medication at home

The purpose of a therapeutic asthma medicine is to treat asthmatic inflammation of the bronchial mucosa.

## Administering the therapeutic medicine (e.g. Flixotide) at home

Always give the medicine as prescribed by your doctor.

- Usually the maintenance dose is given, i.e. 1 dose in the morning and 1 dose in the evening.

When your child is symptomatic, you should also give them enough bronchodilating medication, as directed by your doctor.

*You can give a symptomatic child bronchodilating medicine before administering the therapeutic medicine to make the therapeutic medicine more effective. It is a good idea to give the dilating medicine about 10 minutes before giving the therapeutic medicine.*

### Instructions for administering medication:

AeroChamber inhalation spray with short spacer:

- The therapeutic medicine is administered as **1** puff (dose) at a time.

### The child inhales the medicine:

- with a mask - > 5–6 times back and forth (with the mask fitting tight to the child's face covering the nose and mouth)
- or without a mask, if the technique is familiar - > 3 times back and forth

## Oral health care of a child with asthma at home

As with others, oral homecare of the child with asthma is based on regular morning and evening brushing of their teeth. Regular meal times and limiting the times of usage of sugary foods and drinks are also part of the preventive treatment of the mouth and teeth. However, the medical treatment of asthma contains factors that may cause specific problems for the health of teeth, gums and oral mucous membranes. Therefore, please remember a few additional tips for the home oral care of children taking inhaled corticosteroids.

### Brushing teeth with fluoride toothpaste in the morning and evening

Bacterial plaque causing gingivitis and cavities will be removed. Fluoride strengthens tooth enamel and slows down the growth of bacterial plaque.

### Use of xylitol chewing gum or pastilles after meals

Removes bacterial plaque and slows down the growth of new plaque. Increases saliva secretion (saliva protects teeth, gums and mucous membranes).

### **When you inhale medication**

If possible, brush your teeth with a fluoride paste 10–30 minutes before taking the medication. Toothpaste is spat out of the mouth, not rinsed with water. Fluoride may remain in the saliva to strengthen and protect tooth enamel.

- If brushing is not possible, rinse your mouth and throat and take a xylitol chewing gum or pastilles a moment before taking the medication.
- After taking the medication, thoroughly rinse your mouth and throat with water - no brushing!!!
- Spit out the residue of medication and the rinse water.