

Your Mouth Care

Good mouth care is extremely important. You should examine your mouth routinely (if you have dentures they should be removed during the exam), paying close attention to the areas inside and around the lips, under the tongue, around the edges of the tooth, on the roof of the mouth and on the inside of the cheeks. Sometimes, soreness in the mouth or an increased sensitivity to hot or cold foods may be an early sign of oral problems.

Preventive Measures:

- Gently brush your teeth after every meal and at bedtime with a soft-bristle toothbrush. (Replace your toothbrush frequently).
- Avoid the use of commercial mouthwash that contains alcohol which can cause burning and may dry your mouth.
- Rinse your mouth 3-4 times per day using warm water with salt and baking soda added; this solution should always be made fresh daily.
- Drink plenty of fluids and eat a well-balanced diet.
- Apply lip moisturizer such as lip balm or chapstick liberally and frequently to keep lips from getting dry and chapped.

If you develop mouth sores:

- Notify your doctor or nurse. You may be asked to come into the office to have someone examine your mouth and/or a medication may be prescribed to aid the healing of your mouth sores.
- Continue good oral hygiene measures described above.
- Avoid acidic foods and juices (orange, tomato, grapefruit).
- Avoid tobacco and alcohol. Use spices and salt in moderation.
- Eat bland, soft foods at room temperature.
- Cold, "slushy" foods such as popsicles or watermelon may help ease the pain.
- Take pain relievers such as Tylenol as directed by your doctor or nurse.