



NYUCancerInstitute

P A T I E N T I N F O R M A T I O N

The side effects listed below are those that occur most frequently. Other side effects may occur; please contact your doctor or oncology nurse to report any medical problems.

Dose _____

MOUTH SORES

Mouth Sores are inflammatory responses to the side effects of chemotherapy/radiation therapy. The following suggestions will help alleviate some of the signs and symptoms associated with mouth sores.

- a. Check inside your mouth and lips twice daily and report any changes in sensation, appearance and taste to your doctor/nurse.
 - b. Follow good oral hygiene after eating and every four hours while awake.
 - c. Floss between teeth once daily with waxed dental floss.
 - d. Do not floss if platelets are below 40,000/mm and white cell levels below 1500/mm (*ask your nurse or doctor*).
 - e. Brush teeth using a soft nylon bristle toothbrush. Brush on a 45 angle between gum and teeth and move it in short strokes horizontally along the junction of the gum and teeth.
 - f. Rinse the mouth thoroughly with water.
 - g. Do not use commercial mouthwash containing alcohol.
 - h. Keep lips moist with cocoa butter, chapstick.
 - i. Drink 6 - 8 glasses of fluid daily unless advised otherwise.
 - j. Minimize trauma to the mucous membranes.
- Avoid use of tobacco and alcohol.
 - Avoid foods that are too hot or too cold, spicy, acidic or physically irritating such as tomato, orange, grapefruit juice. Liquids that will not sting your mouth include apricot, peach, and pear nectars.

Follow the above oral care protocol during and after each course of chemotherapy and during and after radiation therapy to areas of the head and neck. Call the doctor at first sign of mouth sores.