



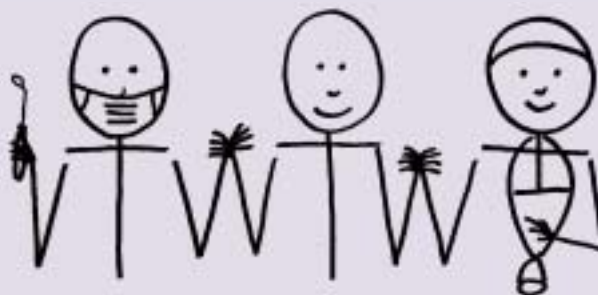
Three Good Reasons to See a Dentist

Before Cancer Treatment

Three Good Reasons to See a Dentist Before Cancer Treatment

Fight Cancer

1



Your cancer care team should include a dentist.

Save Your Teeth and Bones

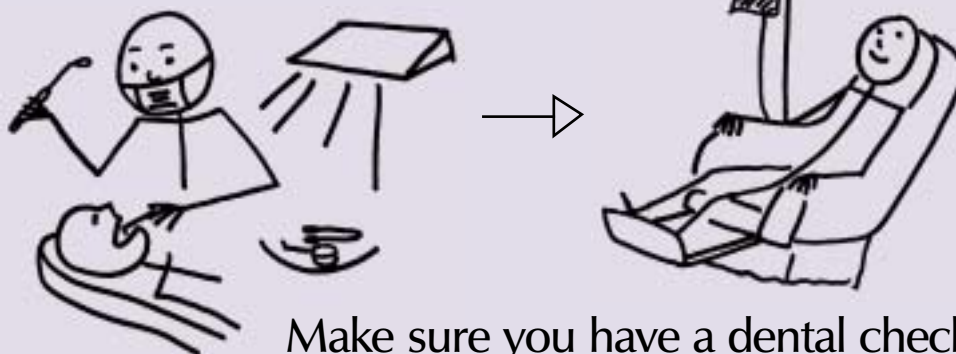
2



Children also need special protection.

Feel Better

3



Make sure you have a dental check up before your first cancer treatment.



Protect Your Mouth During Cancer Treatment



Soak an extra-soft toothbrush in warm water to make it softer.



Brush your teeth and tongue gently.



Brush after every meal.



Brush at bedtime.

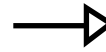


Floss once a day.

1



If flossing hurts in one place, keep flossing in the others.



Rinse often with water.



Don't use mouthwash with alcohol in it.



contains alcohol

Sip water and use a saliva substitute to keep your mouth moist.



Choose soft, easy-to-chew foods.



Avoid spicy, sour, or crunchy foods.



Avoid very hot or icy-cold food.



Avoid alcohol.



Stop smoking or chewing tobacco.

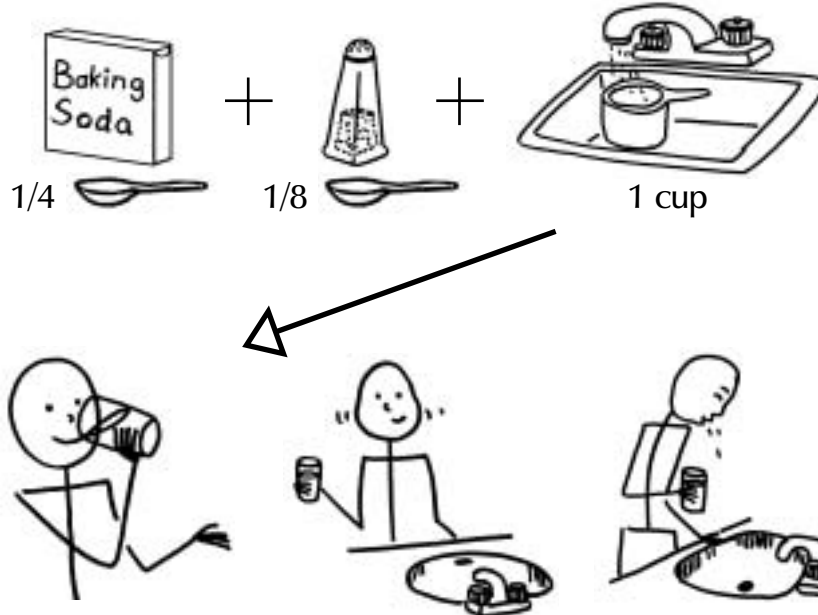


Tips for Mouth Problems

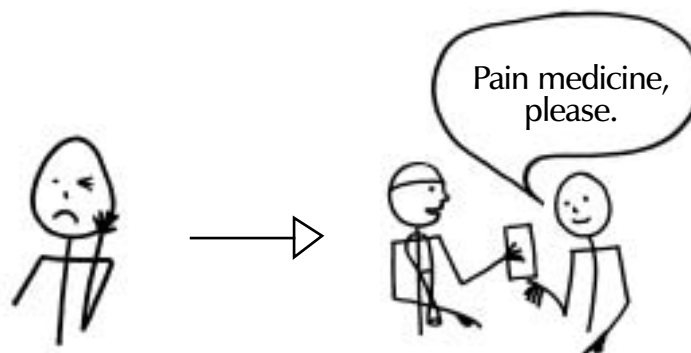
Sore Mouth, Sore Throat



- Rinse often with
 - 1/4 teaspoon of baking soda and
 - 1/8 teaspoon of salt in 1 cup of warm water
 - Don't swallow.



- Ask your cancer care team about medicine that can help with the pain.



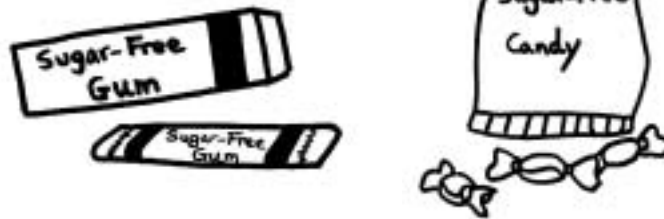
Dry Mouth



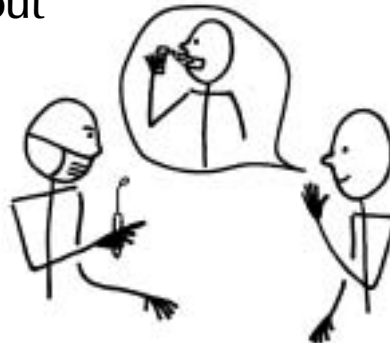
- Sip water often.



- Use sugar-free gum or candy.



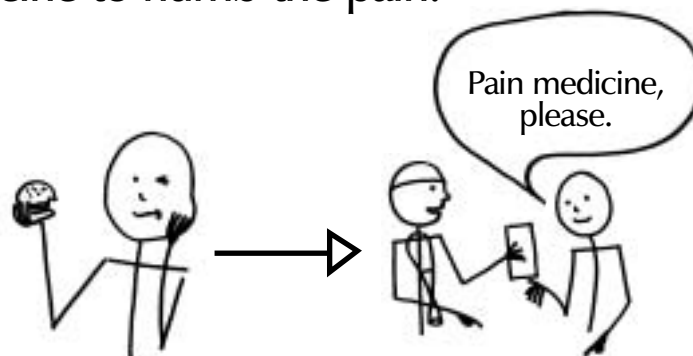
- Talk to your dentist about saliva substitutes.



Eating Problems



- Ask for medicine to numb the pain.



Stiff Chewing Muscles



- Three times a day, open and close your mouth as far as you can without pain. Repeat 20 times.



20

morning



20

noon



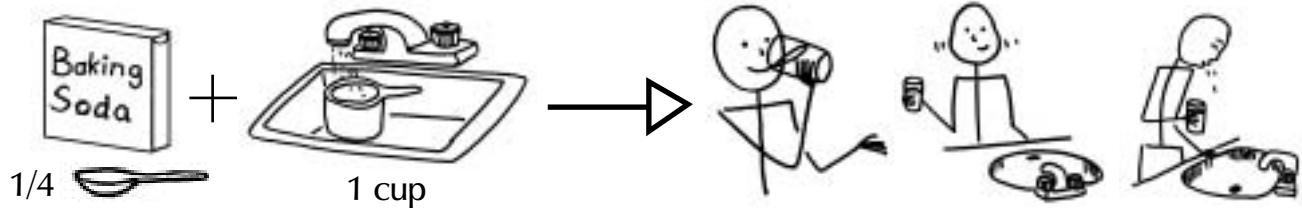
20

night

Vomiting



- Rinse your mouth after vomiting. Use 1/4 teaspoon of baking soda in 1 cup of warm water.
- Don't swallow.



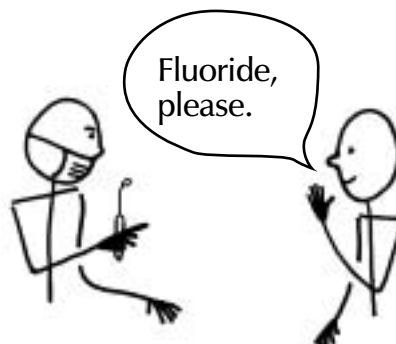
1/4

1 cup

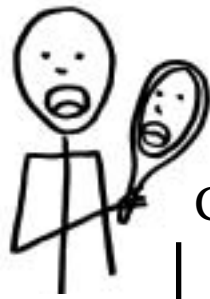
Cavities



- Ask your dentist to put fluoride on your teeth to help prevent cavities.



When to Call Your Cancer Care Team



Check your mouth every day.



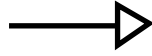
Sores



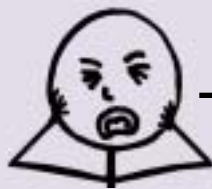
Swelling



Bleeding



Pain



Sticky white film



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 **Oral Health, Cancer Care, and You**
Fitting the Pieces Together