

Mouth Care with Cancer Treatment

Cancer treatments can damage cells in the mouth. This may cause problems with teeth and gums, the lining of the mouth, and the glands that make saliva. See a dentist 2 weeks before starting cancer treatment.

Problems may include:

- Soreness in the mouth
- Sores like cold or canker sores
- Burning, peeling, dry mouth and swelling of the tongue
- A risk of infection
- Trouble with eating, drinking, swallowing, talking or sleeping.

To reduce discomfort:

- **Check your mouth each day.**
 - Call your doctor or nurse if you see redness, swelling, open areas, bleeding or white patches.
- **Keep your mouth clean.**
 - Brush your teeth or dentures after meals and before bedtime.
 - Use an extra soft toothbrush with toothpaste.
 - If your mouth is too sore to use a soft toothbrush, use gauze or sponge toothettes soaked in salt water to clean your teeth.
- **Floss your teeth gently each day.**
 - Use unwaxed dental floss.
 - Do not floss areas that are sore or bleeding.
- **Use a mouthwash after meals and at bedtime.**
 - Buy a mouthwash that does not have alcohol or mix one cup of warm water with two pinches ($\frac{1}{4}$ teaspoon) of baking soda and one pinch ($\frac{1}{8}$ teaspoon) of salt.
 - Follow with a plain water rinse.

癌症治疗时的口腔护理

癌症治疗可损害口腔中的细胞。这可能会引起牙病和牙龈炎、口腔粘膜病以及唾液分泌腺的毛病。请在癌症治疗开始前 2 个星期时看一次牙医。

问题可能包括：

- 口中疼痛
- 象感冒疮或口腔溃疡一样的疼痛
- 灼痛、脱皮、口腔干燥和舌头肿大
- 感染的风险
- 吃、喝、吞咽、说话或睡觉有困难。

若要减轻不适，可：

- **每天检查口腔。**
 - 如果你发现发红、肿胀、开裂、出血或白斑，请打电话给你的医生或护士。
- **保持口腔干净。**
 - 进食后和就寝前请刷牙或刷洗假牙。
 - 请用特别柔软牙刷及牙膏。
 - 如果你的口腔太痛而无法用软牙刷，请用纱布或海绵牙清洁片浸盐水清洁牙齿。
- **每天轻轻地用牙线清洁牙齿。**
 - 用不上蜡的牙线。
 - 不要对疼痛或出血处用牙线。
- **进餐后和就寝时请用洗口水。**
 - 买一种不含酒精的洗口药，或将一杯温水与两小撮 (1/4 茶匙) 发酵粉和一小撮(1/8 茶匙)盐混合。
 - 接着用普通的水嗽洗。

- **Keep your mouth moist.**
 - Drink 8-12 glasses of liquids each day.
 - Apply lip balm to avoid cracked lips.
 - Suck on ice chips.
 - Chew gum or use hard candy.
 - Talk to your doctor if your mouth is very dry.
- **Remove and clean dentures each time you brush your teeth.**
 - Rinse your mouth with mouthwash before putting them back in your mouth.
 - Keep your dentures in clean water when you are not wearing them.
 - Talk to your doctor or dentist about dentures that do not fit.
- **Use medicines to manage mouth discomfort and pain as ordered by your doctor.**
- **Avoid:**
 - Acidic foods and juices such as oranges, tomatoes and grapefruits
 - Hot foods such as soup, coffee or tea
 - Spicy foods
 - Rough foods such as nuts, crackers or pretzels
 - All tobacco products
 - Alcohol

Talk to your dentist, doctor or nurse if you have any questions or concerns.

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- 保持口腔湿润。
 - 每天喝 8-12 杯液体。
 - 用唇膏以免口唇干裂。
 - 吸食冰块。
 - 嚼口香糖或吃硬糖果。
 - 如果你的口腔很干燥，请告知你的医生。
- 每次刷牙时请移除假牙并将其清洁。
 - 将假牙再戴入之前请用洗口水嗽洗口腔。
 - 不戴假牙时，请将其放在干净的水中。
 - 如假牙戴着不合适，请告知你的医生或牙医。
- 请按医嘱用药物治疗口腔不适和口腔疼痛。
- 请避免：
 - 酸性食物和果汁，如橙子、西红柿和柚子
 - 热食物，如汤、咖啡或茶
 - 辛辣食物
 - 粗糙食物，如坚果、饼干或椒盐脆饼干
 - 所有烟草产品
 - 酒

若有任何疑问或关注事宜，请告知你的牙医、医生或护士。

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