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.

癌症治疗可损害口腔中的细胞, 会引起牙齿和牙龈、口腔粘膜和唾液分泌腺出现问题。请在癌症治疗开始前 2 个星期看一次牙医。

**问题可能包括:**
- 口腔疼痛
- 唇疱疹或口疮等
- 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:**
- **每天检查口腔。**
  - 如果您发现发红、肿胀、开裂、出血或白斑，请打电话给您的医生或护士。
- **保持口腔干净。**
  - 进食后和就寝前请刷牙或刷洗假牙。
  - 请用特别柔软的牙刷及牙膏。
  - 如果您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。
• 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 (¼ teaspoon) of baking soda and one pinch (⅛ teaspoon) of salt. Rinse and spit out. Do not swallow.
  ‣ Follow with a plain water rinse.
• Keep your mouth moist.
• Drink 8 to 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 after you eat.
  ‣ 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
  ‣ Pickled foods
  ‣ Rough foods such as nuts, crackers or pretzels
  ‣ All tobacco products
  ‣ Alcohol

• 进餐后和就寝时请用漱口水。
  ‣ 购买不含酒精的漱口水，或者将一杯温水与两小撮（¼ 茶匙）小苏打和一小撮（⅛ 茶匙）盐混合制成漱口水。漱口后吐出。不要吞咽。
  ‣ 接着用清水漱洗。
• 保持口腔湿润。
• 每天喝 8 – 12 杯液体。
• 用护唇膏以免嘴唇干裂。
• 吸食冰片。
• 嚼口香糖或吃硬糖。
• 如果您的口腔很干燥，请告知您的医生。
• 每次用餐后刷牙时，请取出假牙并进行清洁。
  ‣ 将假牙再戴入之前请用漱口水漱洗口腔。
  ‣ 不戴假牙时，请将其放在干净的水中。
  ‣ 如假牙戴着不合适，请告知您的医生或牙医。
• 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、西红柿和葡萄柚
  ‣ 热食物，如汤、咖啡或茶
  ‣ 辛辣食物
  ‣ 腌渍食品
  ‣ 粗糙食物，如坚果、饼干或椒盐脆饼干
  ‣ 所有烟草产品
  ‣ 酒
Talk to your dentist, doctor or nurse if you have any questions or concerns.

若有任何疑问或担心，请告知您的牙医、医生或护士。