

癌症治疗时的口腔护理

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.

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。

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.

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。

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.

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 ($\frac{1}{4}$ teaspoon) of baking soda and one pinch ($\frac{1}{8}$ 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 ($\frac{1}{4}$ 茶匙) 小苏打和一小撮 ($\frac{1}{8}$ 茶匙) 盐混合制成漱口水。漱口后吐出。不要吞咽。
 - 接着用清水嗽洗。
- **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。