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.

癌症治療可損傷口腔中的細胞。這可能會引起牙齒和牙齦、口腔粘膜及唾液腺的病症。請在癌症治療開始前 2 週看牙醫。

這些病症可能包括：
• 口腔疼痛
• 潰瘍（瘡），如脣皰疹或口瘡
• 燒灼痛、脫皮、口乾及舌頭腫大
• 感染風險
• 飲食、吞咽、說話或睡眠困難

為減輕不適，請：
• 每天檢查口腔。
  › 如果您發現口腔發紅、腫脹、開裂、出血或出現白斑，請給醫生或護士打電話。
• 保持口腔清潔。
  › 在進餐後及就寢前刷牙或刷洗假牙。
  › 使用特別柔軟的牙刷以及牙膏。
  › 如果您的口腔太痛而無法使用軟牙刷，則請用紗布或海綿牙清潔片浸鹽水來清潔牙齒。

• 每天輕輕地用牙線清潔牙齒。
  › 使用不上蠟的牙線。
  › 不要在疼痛或出血處用牙線。
• **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

• 在進餐後及就寢前使用漱口水。
  ‣ 購買不含酒精的漱口水, 或將一杯溫水與兩小撮（四分之一茶匙）蘇打粉和一小撮（八分之一茶匙）鹽混合使用。漱口後吐出。 不要吞入。
  ‣ 接著用清水漱口。

• 保持口腔濕潤。
• 每天喝 8 到 12 杯液體。
• 塗潤唇膏以防止口唇乾裂。
• 含冰塊。
• 嚼口香糖或吃硬糖。
• 如果您的口腔很乾燥，請告知醫生。

• 每次餐後刷牙時取下假牙並加以清潔。
  ‣ 把假牙放回口腔內之前，請用漱口水漱口。
  ‣ 不戴假牙時，請將其存放在乾淨的水中。
  ‣ 如果假牙戴著不合適，請告知醫生或牙醫。

• 請遵醫囑使用藥物治療口腔不適和疼痛。

• 應避免：
  ‣ 酸性食物和果汁，如柑橘、番茄和柚子
  ‣ 熱食，如湯、咖啡或茶
  ‣ 辛辣食物
  ‣ 醃製食品
  ‣ 粗糙食物，如堅果、餅乾或椒鹽脆餅乾
  ‣ 所有煙草產品
  ‣ 酒
Talk to your dentist, doctor or nurse if you have any questions or concerns.

如有任何疑问或担心，请告知牙医、医生或护士。