

(un)cancer

Oral Care Checklist

Products and practices to maintain oral health during cancer treatment

- ☐ Use a soft bristles toothbrush to brush your teeth and tongue gently within 30 minutes after eating. Replace your toothbrush every month and after each session of chemotherapy
- ☐ Use an SLS free toothpaste containing fluoride or hydroxyapatite to avoid irritating sensitive gums and teeth
- ☐ Take out your dentures or dental prosthetics and clean it each time you clean your mouth. Remember to take them out while you sleep
- ☐ Use a gentle room temperature salt and soda mouthwash every 4 to 6 hours, or more often as needed
- ☐ Avoid mouthwashes that contain alcohol or peroxide
- ☐ Floss gently with dental floss once daily at bedtime. However, if you haven't flossed regularly before treatment, don't start flossing now
- ☐ Use a lip moisturizer as needed to prevent dry lips. However, avoid applying it 4 hours before radiation therapy to the head and neck
- ☐ Use a xylitol-based mouth lozenge or candy for saliva stimulation to help with dry mouth and prevent oral decay
- ☐ Ask your dentist about a remineralization gel that can help with strengthening your tooth enamel and decrease sensitivity
- ☐ Avoid alcohol, tobacco, spicy and salty foods, very hot or very cold foods. A humidifier in the room can help with dry mouth
- ☐ Exercise the jaw muscles upto three times a day to manage jaw stiffness, after consulting with your radiation care team. Open and close the mouth gently as far as possible without causing pain; repeat 20 times
- ☐ Make an appointment with your dentist prior to cancer treatment for a thorough exam