

Stomatitis (mouth sores) (Page 1 of 2)

What is stomatitis?

Some chemotherapies can cause sores, dryness, irritation, and bleeding in the mouth and throat, a condition known as stomatitis (stoe-muh-TIE-tus). Since many germs live in the mouth, these sores can become infected, which is a serious side effect for some patients with cancer. Therefore, every precaution should be taken against stomatitis.

How can I protect my mouth, gums, and throat?

- Talk to your doctor about going to the dentist at least a few weeks before starting chemotherapy. Inform the dentist of your cancer diagnosis and treatment, and ask for the following:
 - A check-up and cleaning, if necessary
 - A demonstration of the best way to brush and floss during chemotherapy
 - A recommendation for a special toothbrush or toothpaste if your gums are very sensitive
- After every meal and at bedtime, gently brush your teeth and gums with a soft toothbrush and rinse with warm salt water. Then, rinse your toothbrush well and store it in a dry place
- Avoid mouthwashes containing alcohol, but ask your doctor or nurse for medicated or mild mouthwashes, such as those containing baking soda
- Eat well after starting chemotherapy; this lowers your risk for stomatitis

Name: _____

Institution/Group: _____

Phone: _____

Notes: _____

Talk to your doctor or nurse if you develop a mouth sore or about further ways you can avoid or treat mouth, gum, and throat problems.

The information contained herein is not comprehensive and is intended only as a guide.

