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# Oral Care

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Good oral care is an important part of keeping you healthy during your treatment and recovery from cancer. To keep your mouth clean and healthy use some of these helpful tips.

## Oral Care Best Practices

- Brush your teeth after eating and at bedtime.
- Use a soft bristle toothbrush and toothpaste with fluoride.
- To soften your toothbrush before brushing, soak your toothbrush in warm water before using.
- Gently floss your teeth and gums at least once a day after brushing.
- Rinse your mouth regularly with either an alcohol-free mouthwash or homemade rinse of 1-quart water,  $\frac{3}{4}$  teaspoon salt, and 1 teaspoon baking soda. Follow with a plain water rinse.
- Visit your dentist at least once a year for a thorough dental check-up. Be sure to see your dentist before you begin cancer treatment or if you have tooth pain.

## Tips for People Who Wear Dentures or Dental Plates

- Remove your dentures or dental plates before beginning mouth care.
- Brush your natural teeth after eating and at bedtime.
- Gently floss your natural teeth at least once a day after brushing.
- Remove your dentures or partial plate nightly for soaking. Brush them prior to placing them in the denture cleanser. Rinse well before wearing.
- Do not wear dentures or dental plates that do not fit well or cause irritation. Call your dentist to have them adjusted or repaired.
- Do not wear your dentures or dental plates while sleeping.

## Contact your health care provider if you notice:

- Mouth redness, soreness or pain
- Cracked or bleeding lips
- Mouth ulcers or blisters
- White patches in your mouth or on your tongue
- Your mouth, throat or tongue feels "burned"