

Tips

Nutritional advice

A nutritionist can give you further information and individual advice. Ask your treatment team for a recommendation.

Dental health

Your dental hygienist can clear up questions about dental hygiene. Chewing gum can also help clean your teeth. You need to give dental hygiene special attention if you have radiotherapy in the ear, nose and throat region. Discuss with your doctor whether you need a dental check-up before the therapy.

Further information on this topic

- «Drug treatment for cancer», Swiss Cancer League
- «Problems with nutrition in cancer», Swiss Cancer League

Inflamed lining of the mouth (oral mucositis)

Good to know

The cancer treatment may temporarily damage and inflame the mucous membranes in the mouth and in the oesophagus.

The signs and symptoms of the inflammation are burning, pain, ulcers, very reddened mucous membranes and a coated tongue. Inflammation of the oesophagus may also make swallowing difficult.

Meticulous care of the teeth and oral mucosa is particularly important during treatment



Inflamed lining of the mouth (oral mucositis)

You feel...	Or you notice ...	What you can do for yourself...
	<ul style="list-style-type: none"> Slight change in the lining of the mouth 	<p>If the lining of your mouth is dry, you can keep it moist by frequent drinking. A few small mouthfuls at a time are often sufficient. Clean your teeth as usual. The following are recommended:</p> <ul style="list-style-type: none"> Clean your teeth for 90 seconds twice daily. If you wear dentures, clean these thoroughly. If your dentures no longer fit properly, wear them only for eating and at times that are important for you. This can help reduce pressure sores in your mouth. Use a soft toothbrush and afterwards leave it to air dry. You can carefully clean your tongue with the toothbrush while cleaning your teeth.
	<ul style="list-style-type: none"> Dry mouth, continuous thirst Slight burning in your mouth Change in your sense of taste Redness of the lining of the mouth and coating of the mouth and tongue 	<ul style="list-style-type: none"> Rinse your mouth 4 times a day for 30 seconds: <ul style="list-style-type: none"> with tap water or with 100 mL of water which contains a pinch of salt or with 100 mL of water which contains a pinch of bicarbonate of soda; bicarbonate of soda is helpful for thick saliva Do not use alcohol-containing mouthwashes for rinsing, as they can additionally dry out the lining of the mouth. Try to avoid irritating the lining of your mouth with acidic, spicy or hot foods as much as possible. During this period, avoid alcohol and smoking as far as possible. Take care of your lips.
	<ul style="list-style-type: none"> Painful areas in your mouth Swallowing difficulties Rapid worsening of the symptoms listed in the yellow section Bleeding that cannot be stopped, breathing problems, fever of 38 °C or above or chills 	<ul style="list-style-type: none"> Contact the treatment team.