

# RADIATION ONCOLOGY

## ORAL CARE



### **Begin on the first day of treatment.**

1. Baking soda/salt mouth rinse – to cleanse oral cavity and to decrease thickness of saliva. Mix 1 tsp soda and 1 tsp salt in 1 quart jar filled with water. Shake before each use. Swish and spit 4 times a day and increase frequency as needed during treatment.
2. Prescription and/or non-prescription rinses or medications may be added as needed by your nurse or physician.
3. Brush teeth and tongue 4 times a day with a soft toothbrush.
4. Denture cleansing as normal. Limit use of dentures as much as possible to eating, outings, etc.
5. Apply lip balm that does not contain alcohol, or petroleum jelly frequently.