

SEEING YOUR DENTIST

- It's important to continue routine dental care (with approval of your oncologist) and consider your dentist part of your care team
- When possible, see your dentist **before** treatments begin to remove sources of irritation or infection
- Ask about fluoride treatments to help prevent cavities
- Report any health changes and medications to your dental team, **especially targeted therapies or bone-building medications, like Zometa**
- Get a professional oral cancer screening yearly

ABOUT US

Side Effect Support LLC is dedicated to improving oral health & overall wellbeing of those treated for cancer

Get more information and products you can trust at www.SideEffectSupport.com

Find printable instructions under
RESOURCES

Get affordable, virtual dental care
from licensed professionals in
10 minutes or less
Confidential, Secure, & Easy
Care when you need it

*The information contained herein is for educational and informational purposes only
It is not medical advice and not intended as a substitute for the advice of a licensed medical professional*



HELP FOR ORAL HEALTH PROBLEMS
RELATED TO CHEMOTHERAPY SIDE
EFFECTS AND OTHER CANCER THERAPIES

SideEffectSupport.com

Side Effect Support
ASSISTANCE ON THE ROAD TO RECOVERY

Cancer Treatments & Oral Health

DRY MOUTH is a common side effect of medications and cancer therapies. It is uncomfortable and can lead to cavities, gum disease, and infections.

Help Dry Mouth:

- Stay hydrated
- Avoid caffeine, alcohol, and tobacco
- Use a humidifier
- Breathe through your nose, not your mouth
- Stimulate saliva with sugarless hard candies and gum sweetened with Xylitol**

Protect Against **MOUTH SORES**

- Keep your mouth clean
- Be gentle, avoid tissue trauma
- Treat dry mouth
- Sucking on something cold (like ice chips) before & during treatments may help with certain types of chemo

Keep Your Mouth Clean

- Brush teeth and tongue 2-3 times daily.
- If brushing after meals is not possible, swish with water to remove food debris
- Brush with small, circular strokes; avoid vigorous horizontal brushing
- Gently clean between teeth daily with proper flossing technique or other methods recommended by your dental hygienist

Toothbrush:

- Use *extra soft* toothbrush with *small, compact head*
- Soften bristles under hot water if needed
- Replace brush at the first sign of bending or fraying of bristles
- Protect toothbrush from germs. Do not store near toilet or touching family member's brushes

CANCER TREATMENTS & ORAL HEALTH

PROTECT TEETH & ORAL TISSUES

Use products with:

- Fluoride
- Calcium & Phosphate
- Nano-hydroxyapatite
- Xylitol and/or Erythritol**

***Introduce xylitol into your routine slowly to avoid digestive issues ~ Keep out of reach of pets*

Soothe Tissue, Wash Away Food Debris, & Neutralize Oral Acids With:

- 1 level tsp salt
- 1 level tsp baking soda
- 4 cups water

Mix together and store in container with lid at room temperature ~ Shake well before using ~ Can be used throughout the day ~ Discard at the end of each day

Avoid or Minimize:

- Acidic foods and beverages, such as soft drinks and fruit juices
- Lemon drops, cough drops, and other sugar-sweetened products
- Sweet, sticky, and sugary foods
- Medications that dry the mouth or contain sugar (if possible)

Avoid Oral Care Products Containing These Irritating Ingredients:

- Sodium Lauryl Sulfate (SLS)
- Alcohol
- Tartar control
- Whitening ingredients

Avoid petroleum-based **LIP BALM**

- Petroleum can encourage bacterial growth and keep lips dry



PRODUCT SELECTION

There is no “One Size Fits All”
You may have to try several products until
you find what works best for you
Not all products are good for your teeth

Products available at
SideEffectSupport.com have been
investigated to ensure they are
safe for your teeth
For other products, find trusted resources
for recommendations

*Be proactive
Prevention is key to
avoiding uncomfortable,
potentially dangerous, and costly
oral side effects*



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