

## Care of mouth – everyday advice

- Use **Fluorigard** rinse daily:
  - brush your teeth before breakfast and then use **Fluorigard** rinse after finishing breakfast;
  - **stop use** if during radiotherapy the rinse is burning
    - keep trying again each week after radiotherapy, until you can use the rinse again;
  - the rinse is available on prescription.
- Chew sugar free gum, if possible, after meals and snacks for 10-15 minutes.
- Remember that water, milk, tea, cheese and nuts are healthy food and drink snacks.
- It is better to brush your teeth before, rather than after, meals.
- At night after brushing your teeth and rinsing as normal, rub fluoride toothpaste (e.g. **Sensodyne F**) onto your teeth
  - especially restored teeth.
- **Sensodyne F and Fluorigard** will help with sensitivity problems, if they are used long term.

Your Dentist may prescribe you **Duraphat** toothpaste.

## Care of your mouth during radiotherapy

- Try to brush your teeth twice daily (uses a soft toothbrush, which has a small head) with gentle fluoride toothpaste such as **Sensodyne F**. Minty toothpaste may give a burning sensation.
- If your mouth is too sore, use **Diffiam spray** (spray onto the join of your teeth and gums) a few minutes before brushing.
- It may be helpful to use warm water, rather than cold.
- Use **Corsodyl gel** (the size of a frozen pea on a toothbrush, cotton bud or on your finger). Rub the gel onto your gums, once daily, but not within one hour of fluoride toothpaste / rinse - lunchtime may be convenient.
- If it's too sore to brush your teeth, increase the use of **Corsodyl gel** to three times daily.
- **Corsodyl gel** can be stopped after radiotherapy, once brushing is possible again.
- Saliva substitutes may be useful. If you have teeth we would recommend **Saliva Orthana spray**. If you have no teeth you can use **Glandosane** (but **NOT** if you have teeth - it is acidic and thus potentially damaging).
- Do not sleep with your dentures in.
- If your mouth is very dry, **KY Jelly** can be used as a lubricant / saliva substitute under the denture.