

# Tips for Managing Mouth or Throat Sores While on Chemotherapy

## Things you can do on your own



- Use a toothbrush with extra soft bristles, and toothpastes for sensitive gums
- Rinse mouth regularly with alcohol free mouth wash or salt water
- Avoid harsh mouthwashes that contain alcohol
- If you are using dentures, rinse and brush the dentures after eating and soak them in denture solution overnight
- Use lip balm to keep your lips moist
- Eat foods that are cold, moist, and soft
- Avoid foods that are salty, spicy, hard, or crunchy
- Drink liquids through a straw
- You may try using topical medications such as choline salicylate (e.g. bonjela) or triamcinolone (e.g. oracort E) or painkillers (e.g. paracetamol) to relieve the pain

**REMINDER - Always keep your care team updated about over-the-counter medicines you are taking. If your care team tells you they are not safe for you, do not take them.**

## When to seek medical attention



- If you have signs of an infection or fever  $\geq 38^{\circ}\text{C}$
- If your mouth pain is severe
- If you are unable to eat or drink or have minimal intake for more than 12 hours
- If you feel dizzy or lightheaded when you stand or have reduced urine output



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Department of Oncology  
PECC-ONC-ED-2025-2091-v1

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