

Mouth Sores

Information for Patients on Cancer Treatment

Mouth sores are caused by cancer treatments that destroy fast-growing cells, including the cells inside your mouth. These sores may look red or swollen. They can hurt, cause infections, and affect your eating and drinking.

Starting the day of your treatment, do the following to prevent and treat mouth sores:

- Use a homemade mouthwash recipe instead of over-the-counter mouthwashes
- Brush your teeth gently using a soft-bristle toothbrush
- Drink 6 to 8 cups of water per day
- Clean dentures every day

Mouthwash Recipe

- 4 to 6 cups (1 litre) of warm water
- 1 teaspoon of baking soda
- 1 teaspoon of table salt

If your doctor gave you a prescription for a chemotherapy mouthwash, try using the homemade recipe first.

Call the Clinic Nurse at (416) 469-6580 ext. 2752 if:

- You have new difficulties with swallowing food, drinks, or pills due to mouth sores
- You notice white patches or a lot of swollen areas in your mouth
- You have sudden strong pain, swelling, or numbness in your mouth or jaw