

Summary of products to help your mouth during and after chemotherapy/radiotherapy

- **GC Tooth Mousse** replenishes the calcium phosphate ions lost in your saliva after radiotherapy. Smear on to all teeth for five minutes, then brush your teeth with Duraphat 5000ppm toothpaste. This can only be bought by a dental professional. It is not available in shops or online. It is available to buy from the Maxillofacial Department at William Harvey Hospital.
- **Duraphat 5000ppm** toothpaste is given free on a NHS repeat prescription by your GP or dentist for the rest of your life. To protect your teeth from tooth decay once your saliva is reduced after radiotherapy. Use twice daily. After brushing, spit out, do not rinse with water.
- **Fluoride mouthwash** can be bought over the counter. It is available to buy from the Maxillofacial Department at William Harvey Hospital. It provides additional fluoride protection for your teeth against tooth decay. Use the mouthwash at least 30 minutes after brushing your teeth with Duraphat 5000ppm toothpaste.
- **Diffiam mouthwash** helps relieve pain due to ulcers or a burning sensation in your mouth. The oncology team will provide this mouthwash for you before you start your treatment.
- **Chlorhexidine mouthwash** is an antiseptic mouthwash that is useful when you are unable to brush your teeth due to pain/soreness in your mouth. You may wish to dilute this mouthwash with warm water and rinse your mouth twice a day. It is common for you to have difficulty brushing your teeth during chemotherapy/radiotherapy due to pain/burning. Do not worry if you are unable to clean your mouth during this time. This mouthwash can be used until you are able to brush your teeth again. The oncology team can provide this mouthwash for you before you start your chemotherapy/radiotherapy.
- **Saliva substitutes** help with mouth dryness which is common during and after radiotherapy due to the damage to your salivary glands. Your saliva function may improve but it can take several months or years, and it may never return to your previous levels. You may wish to try these saliva substitutes on an NHS prescription, but most people find frequent sips of water the best remedy.

This leaflet has been produced with and for patients

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Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145, or email ekh-tr.pals@nhs.net

Further patient leaflets are available via the East Kent Hospitals web site www.ekhuft.nhs.uk/patientinformation