Patient information
Dental and oral care during oncological treatment

Why is dental and oral care important during treatment?

Diligent dental and oral care is essential for children to promote and maintain healthy teeth. However, during oncological treatment, special attention must be given to dental and oral care, as the oral cavity and teeth become more susceptible to infections and cavities. Consequently, this can lead to fever and additional hospital stays. For this reason, regular cleaning, and maintenance of teeth, as well as careful oral hygiene, are necessary throughout the entire oncological treatment.

A diseased tooth can pose serious complications during oncological treatment. Therefore, a dental examination is conducted at the beginning of treatment. If cavities are present, the teeth must be treated to ensure that the oncological therapy can proceed without disruption.

Wie reinige ich die Zähne?

> Brush your teeth 3 times a day for 2-3 minutes each time. Do not rinse your mouth with water before or after brushing.
> After each brushing, rinse the toothbrush, tap out excess water, and place it upright in a toothbrush holder to dry.
> Use a soft manual toothbrush. It is recommended to replace the toothbrush once a week, but no later than after one month. Do not use an electric toothbrush.
> Use toothpaste with fluoride and a pH level as close to neutral as possible. We recommend a mild children's toothpaste. Children under 6 years old should always use a children's toothpaste with reduced fluoride content.
> In case of low platelet count (thrombocytes), gum bleeding may occur. Therefore, brush your teeth gently. However, this is not a reason to interrupt regular dental care!

How do I protect my teeth?

Regular use of a tooth protection cream strengthens tooth enamel and complements the protective action of saliva.

> Tooth Protection Cream:
> - **GC Tooth Mousse for children up to 6 years (without fluoride)**
> - **GC MI Paste Plus for children and adolescents from 6 years (with fluoride)**

> Apply a hazelnut-sized portion of tooth protection cream to the teeth 3 times a day after brushing with your finger, a toothbrush, or a cotton swab.
> Allow it to sit for a few minutes, then refrain from eating or drinking for 30 minutes.

> Süssigkeiten mit Xylit (Zuckerersatz):
>> Xylithaltige Süssigkeiten nach dem Essen reduzieren die Kariesbakterien. Damit kann der Schutz der Zähne unterstützt werden.

How do I care for my mouth?

During chemotherapy, caring for the mouth and oral mucosa is particularly important. Regularly moistening the oral mucosa can reduce potential complications.

> Rinse your mouth as often as possible, but at least 3 times a day with water (non-carbonated) or orange sweet essence (2-3 drops per glass of water) or chamomile or peppermint tea.
> Frequent drinking of unsweetened drinks in small sips also keeps the oral mucosa moist.
> Check the oral cavity daily to detect and treat problems at an early stage.
> Keep dry lips supple with a lip balm.

What else should be considered?

> Beverages: Prefer unsweetened beverages. After consuming acidic drinks (e.g., cola, fruit juices, iced tea), always rinse your mouth.
> Chewing Gum: Chewing gum stimulates saliva flow, helping to reduce acidity in the mouth. Use only gum that is gentle on teeth. Chewing gum is suitable for children over 4 years old only!

What mouth issues can occur during chemotherapy?

The side effects of chemotherapy can lead to mouth dryness, changes in taste, or mouth mucositis (inflammation of the mouth). Mucositis presents as red and/or open sores, ulcers, pain, and difficulty swallowing. In case of difficulty swallowing, it's possible to make flavored ice lollies (e.g., iced tea, apple juice).

Please report any discomfort early so that we can recommend appropriate measures. Feel free to contact us directly at any time if you have questions or concerns.

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Your notes:

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