

Mouth Lesions (Les lésions de la bouche)

During chemotherapy, renewal of the mucosa (membranes which line the body cavities) in the mouth and digestive tract may be altered. **This can cause lesions inside your mouth and throughout the digestive tract: ulcers, redness, pain.**

The medical terms used for these lesions are **mucitis** (inflammation of a mucosa) or **stomatitis** (mucitis of the mouth).

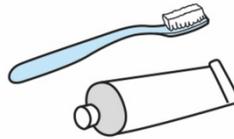
Although they are painful and obstruct eating, these conditions are temporary.

Some advice for prevention, to protect your mouth and limit the development of these disagreeable complaints.

What you can do

For prevention:

- After meals, wash your mouth out with mouthwash prescribed by the doctor or prepared by yourself (a mixture of one tablespoon of salt, two tablespoons of bicarbonate of soda and a litre of fizzy water is appropriate);
- Maintain perfect buccodental hygiene.



- Make an appointment with your dentist for an examination before treatment starts
- Brush your teeth after every meal, at least three times a day with a soft toothbrush
- Use dental floss to facilitate cleaning of the space between each tooth, without bleeding
- If you wear a denture, clean it morning and evening, after each meal and remove it at night.

In the event of mucitis:

- You can suck ice cubes, crushed ice, water-based ice lollies and sorbets, or mints;
- Drink a lot of water, at least 2 litres per day (mineral water, tea, herbal teas, cola-based drinks)
- Prefer soft or pureed food;
- Take nutritional supplements, asking your doctor to prescribe them (soups, creams, milk drinks, fruit juice);
- Moisten your lips with an oily lubricant (lanolin, Vaseline, cocoa butter).



What you should avoid

- foods which promote the development of ulcers, such as walnuts, gruyere or pineapple
- mouthwashes based on alcohol: they dry the mucosa and risk causing a burning sensation
- smoking and alcohol, particularly during the weeks after treatment
- food which is too spicy or acidic (lemon juice, salad dressing, mustard), dry, crunchy or hard food



If your mouth becomes painful, tell your doctor quickly so that an appropriate treatment can be prescribed.