

What can I do about mouth sores?



Things I can do with my family

Some patients have found these strategies helpful:

- Brushing your teeth at least twice a day and flossing gently. See [Mouth care](#)
- Using a baking soda mouthwash at least twice a day if you are unable to brush your teeth because it hurts too much. Do this until you can start brushing your teeth again. See [Baking soda mouthwash](#)
- Making sure you eat and drink enough fluids such as water or milk if you get mouth sores. Some patients prefer soft, non-spicy food and food that is easy to swallow such as pudding or yogurt

Things I can do with my care team

After discussing your SSPedi score and symptoms with your care team, they may:

- Suggest you suck on ice chips or popsicles (called cryotherapy) while receiving IV chemotherapy to prevent mouth sores. See [Oral cryotherapy](#)
- Prescribe medications to relieve pain that might be given as a mouthwash, by mouth or by IV
- Suggest using a feeding tube that goes into your nose or giving you fluid or nutrition by IV if you are having trouble swallowing or eating

When should I contact my care team?

Remember that SSPedi scores are not monitored 24/7. Please call your care team if you:

- Have severe pain
- Can't drink fluids