What To Do
When Your Mouth or Throat Hurts

Take good care of your mouth.

**Before treatment:**
- Visit a dentist at least 2 weeks before your first treatment. Tell the dentist that you will be having radiation therapy.

**During treatment:**
- Check inside your mouth every day and look for any changes.
- Brush your teeth, gums, and tongue gently with a soft, clean toothbrush.
- Brush after each meal and before bedtime.
- Sip water or suck on ice chips to keep your mouth and throat wet.

**Every 1 to 2 hours during the day:**
- Rinse your mouth with a mixture of 1 cup warm water, 1/4 teaspoon baking soda, and 1/8 teaspoon salt. Swish the mixture around in your mouth, and then spit it out.
- Ask your doctor or nurse to write down any other mouth rinses that you should use.

“It was hard for me to eat and swallow. So I began to eat softer foods and check my mouth each day. I also took pain medicine from my doctor.”

Tell your doctor or nurse if you notice any changes in your mouth or throat.
Tips to make eating more comfortable:

This can help:
- Mash food or cut it into small pieces.
- Add gravy or broth to make other foods wet and soft.
- Drink through a straw if that helps.
- Eat foods warm—not too hot.
- Eat soft foods, such as cooked cereals, macaroni, mashed potatoes, scrambled eggs, and yogurt.
- Use a blender to make milkshakes or blend your food.

Stay away from these:
- Don’t drink alcohol or sour juices.
- Don’t eat foods that are spicy, salty, or have a lot of sugar. Hard, sharp foods such as chips can also make your mouth hurt.
- Don’t use tobacco—no cigarettes, pipes, cigars, or chewing tobacco.

Tips to help with pain or burning in your throat:
- Sit upright and bend your head forward a little when you are eating or drinking.
- Sit or stand up for at least 30 minutes after eating.

Questions to ask your doctor or nurse:
1. What mouth or throat problems should I call you about?
2. Can you show me how to make a mouth rinse?
3. What medicine can I take to help stop the pain?

Tell your doctor or nurse if you have trouble swallowing, feel like you are choking, or cough while you are eating or drinking.