

癌症治療中的口腔護理

Mouth Care with Cancer Treatment

Cancer treatments can damage cells in the mouth. This may cause problems with teeth and gums, the lining of the mouth, and the glands that make saliva. See a dentist 2 weeks before starting cancer treatment.

癌症治療可損傷口腔中的細胞。這可能會引起牙齒和牙齦、口腔粘膜及唾液腺的病症。請在癌症治療開始前 2 週看牙醫。

Problems may include:

- Soreness in the mouth
- Sores like cold or canker sores
- Burning, peeling, dry mouth and swelling of the tongue
- A risk of infection
- Trouble with eating, drinking, swallowing, talking or sleeping.

這些病症可能包括：

- 口腔疼痛
- 潰瘍（瘡），如唇皰疹或口瘡
- 燒灼痛、脫皮、口乾及舌頭腫大
- 感染風險
- 飲食、吞嚥、說話或睡眠困難

To reduce discomfort:

- **Check your mouth each day.**
 - Call your doctor or nurse if you see redness, swelling, open areas, bleeding or white patches.
- **Keep your mouth clean.**
 - Brush your teeth or dentures after meals and before bedtime.
 - Use an extra soft toothbrush with toothpaste.
 - If your mouth is too sore to use a soft toothbrush, use gauze or sponge toothettes soaked in salt water to clean your teeth.
- **Floss your teeth gently each day.**
 - Use unwaxed dental floss.
 - Do not floss areas that are sore or bleeding.

為減輕不適，請：

- **每天檢查口腔。**
 - 如果您發現口腔發紅、腫脹、開裂、出血或出現白斑，請給醫生或護士打電話。
- **保持口腔清潔。**
 - 在進餐後及就寢前刷牙或刷洗假牙。
 - 使用特別柔軟的牙刷以及牙膏。
 - 如果您的口腔太痛而無法使用軟牙刷，則請用紗布或海綿牙清潔片浸鹽水來清潔牙齒。
- **每天輕輕地用牙線清潔牙齒。**
 - 使用不上蠟的牙線。
 - 不要在疼痛或出血處用牙線。

- **Use a mouthwash after meals and at bedtime.**
 - Buy a mouthwash that does not have alcohol or mix one cup of warm water with two pinches ($\frac{1}{4}$ teaspoon) of baking soda and one pinch ($\frac{1}{8}$ teaspoon) of salt. Rinse and spit out. Do not swallow.
 - Follow with a plain water rinse.
- **Keep your mouth moist.**
- Drink 8 to 12 glasses of liquids each day.
- Apply lip balm to avoid cracked lips.
- Suck on ice chips.
- Chew gum or use hard candy.
- Talk to your doctor if your mouth is very dry.
- **Remove and clean dentures each time you brush your teeth after you eat.**
 - Rinse your mouth with mouthwash before putting them back in your mouth.
 - Keep your dentures in clean water when you are not wearing them.
 - Talk to your doctor or dentist about dentures that do not fit.
- **Use medicines to manage mouth discomfort and pain as ordered by your doctor.**
- **Avoid:**
 - Acidic foods and juices such as oranges, tomatoes and grapefruits
 - Hot foods such as soup, coffee or tea
 - Spicy foods
 - Pickled foods
 - Rough foods such as nuts, crackers or pretzels
 - All tobacco products
 - Alcohol
- **在進餐後及就寢前使用漱口水。**
 - 購買不含酒精的漱口水，或將一杯溫水與兩小撮（四分之一茶匙）蘇打粉和一小撮（八分之一茶匙）鹽混合使用。漱口後吐出。不要吞入。
 - 接著用清水漱口。
- **保持口腔濕潤。**
- 每天喝 8 到 12 杯液體。
- 塗潤唇膏以防止口唇乾裂。
- 含冰塊。
- 嚼口香糖或吃硬糖。
- 如果您的口腔很乾燥，請告知醫生。
- **每次餐後刷牙時取下假牙並加以清潔。**
 - 把假牙放回口腔內之前，請用漱口水漱口。
 - 不戴假牙時，請將其存放在乾淨的水中。
 - 如果假牙戴著不合適，請告知醫生或牙醫。
- **請遵醫囑使用藥物治療口腔不適和疼痛。**
- **應避免:**
 - 酸性食物和果汁，如柑橘、番茄和柚子
 - 熱食，如湯、咖啡或茶
 - 辛辣食物
 - 醃製食品
 - 粗糙食物，如堅果、餅乾或椒鹽脆餅乾
 - 所有煙草產品
 - 酒

Talk to your dentist, doctor or nurse if you have any questions or concerns.

如有任何疑問或擔心，請告知牙醫、醫生或護士。

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Mouth Care with Cancer Treatment. Traditional Chinese.