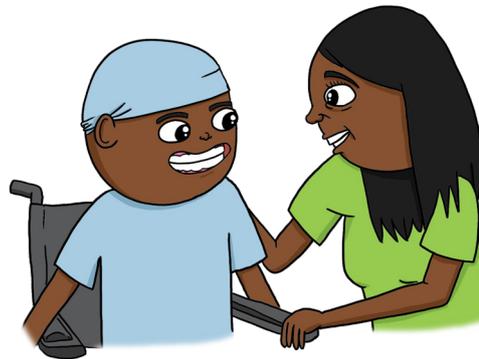


Mouth care

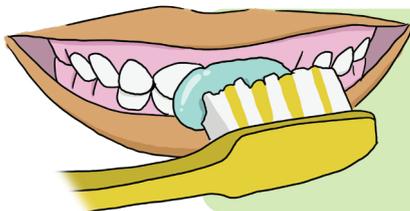
Chemotherapy (chemo) or radiotherapy can upset the healthy cells in bub's mouth, causing problems like ulcers and sores.



It's important to check bub's mouth every day after chemo and until the neutrophil count is higher than 500 (0.5). This helps reduce the germs in the mouth and the risk of germs getting into the blood stream.

What to do

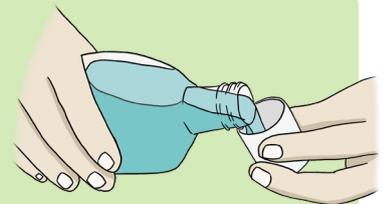
Check for any spots, ulcers, white coating on the tongue or gums, or bleeding. If bub is drooling, not hungry, has trouble swallowing or is not talking, they may be in pain.



Brush bub's teeth and tongue in the morning and before bedtime with toothpaste and a **soft toothbrush**. If there is bleeding or pain while brushing, then change and wipe bub's mouth out with a **swab stick soaked with chlorhexidine**.

Rinse bub's mouth with a **chlorhexidine mouthwash 4 times a day** after each meal and before going to bed using a swish and spit technique.

- Keep mouthwash in the mouth for 30-90 seconds.
- For little bubs, put a cloth soaked in chlorhexidine inside their mouth.
- Mouthwash with chlorhexidine must only be used if bub's doctor tells you to use it.



After the mouthwash, wipe chlorhexidine gel on the gums with a clean finger or a small swab stick.



Important tips

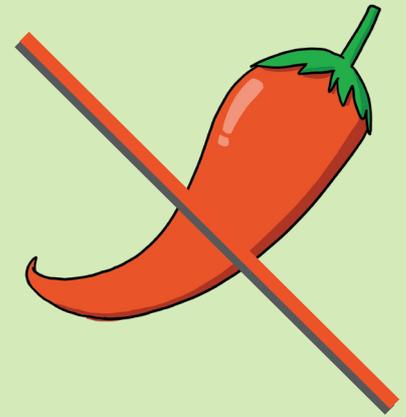
Do not let bub eat, drink or take medications for 20 minutes after washing their mouth



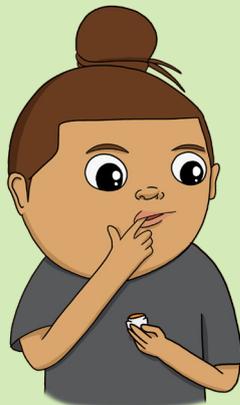
You need to **wait 1 hour** between using **Nystatin (Nilstat)** and chlorhexidine



If bub has a sore or inflamed mouth don't give them hot, spicy or acidic foods or drinks



Use soft lip balm often



Use a straw if bub has ulcers or pain when drinking



If you are worried or concerned about bub's mouth or if they have pain or difficulties eating or drinking, please call 6456 2222 and ask for Ward 1A.



Government of **Western Australia**
Child and Adolescent Health Service

Child and Adolescent Health Service

15 Hospital Avenue, Nedlands, WA, 6009.

Telephone: (08) 6456 2222

Produced by: Oncology and Haematology / Social Work

Ref: 880.1 © CAHS 2021

This document can be made available in alternative formats on request for a person with a disability.

Disclaimer: This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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