Let’s talk about mouth sores...

- Mouth sores are small wounds that cause discomfort and make it harder to eat, swallow and/or talk.
- If your mouth sores make it hard to eat or drink properly, please contact your healthcare team.
- If you have open sores, white patches or very painful sores, please contact your healthcare team.
- If you have mouth sores and a fever (temperature greater than 38°C), contact your healthcare team immediately.

**What you can do**

**PREVENTION**

- Keep your mouth as clean and moist as possible.
- Brush your teeth at least twice daily using a soft toothbrush (or a soft foam toothette with salt/soda water). Floss daily if possible.
- Rinse toothbrush in hot water before using. Air dry after use.
- Avoid tobacco and alcohol, including alcohol-based mouthwashes.
- Drink 6-8 glasses of fluids per day.

**MANAGEMENT**

- Try using a bland mouth rinse 4 times per day. Recipe: 1 cup warm water, ½ tsp table salt (or baking soda). Swish in your mouth for at least 30 seconds and spit out.
- Eat a soft diet (e.g. oatmeal, bananas, applesauce, cooked carrots, rice, pasta, eggs, etc.)
- Try taking pain medicine before meals to make eating easier.
- Avoid foods/drinks that are acidic, salty, spicy or very hot in temperature.
- If eating is hard, speak to a dietitian to ask about meal supplements or other ideas.

This information should not be considered as medical advice. It is not to be used in place of a visit with a doctor, nurse or other healthcare professional. If you have questions about your individual medical situation, please consult with your healthcare professional.

**Other resources**

- More resources at: [mcgill.ca/rcr-rcn/patient](https://mcgill.ca/rcr-rcn/patient)

**In your hospital**

**Symptom Hotlines**

Don’t hesitate to call! Hours of operation: 8AM to 4PM

MUHC: (514) 934-1934 ext. 34160
JGH: (514) 340-8222 ext. 25529
St. Mary’s: (514) 734-2679, ext. 5

**Dietitian**

MUHC: ask your doctor or nurse for a referral
JGH: ask your doctor or nurse for a referral
St. Mary’s: (514) 345-3511 ext. 3962