
Sore Mouth/Throat

Some people develop sores in their mouth and throat while going through radiation or chemotherapy.

Tips for managing mouth pain:

- Eat softer foods such as pudding, soups, mashed potatoes and gravy, custard, casseroles, scrambled eggs, ice cream, Jell-O™, ground or tender meats with gravy/sauces, or hot cereal. Cook food well, until it is very tender.
- Moisten food with gravy, butter, sauces, or yogurt to make them easier to eat.
- Eat and drink foods and beverages at room temperature or cold items as these can be very soothing. Use a straw if needed. Ice chips and popsicles can help numb the mouth.
- Make sure to drink plenty of fluids each day. Let carbonated drinks stand for a while at room temperature to get rid of some of the bubbles.
- Drink high-calorie, high-protein drinks such as milkshakes, powdered instant breakfast drinks mixed with whole milk, or eggnog throughout the day.
- Keep your mouth clean. Brush your teeth with a soft toothbrush as tolerated. Swish/gargle with a mild solution made of salt and/or baking soda before meals to help reduce soreness. DO NOT swallow the solution. Avoid alcohol-based mouthwashes.

Things to *avoid* when having mouth pain:

- Very hot foods or beverages
- Citrus juices or acidic items such as orange, grapefruit, or tomato juice
- Spicy foods
- Hard or crunchy foods such as dry toast or crackers
- Alcohol and tobacco
- Carbonated beverages

Let your doctor know if you are having sore mouth or throat symptoms that cannot be managed. There are some medications that may help with mouth pain.