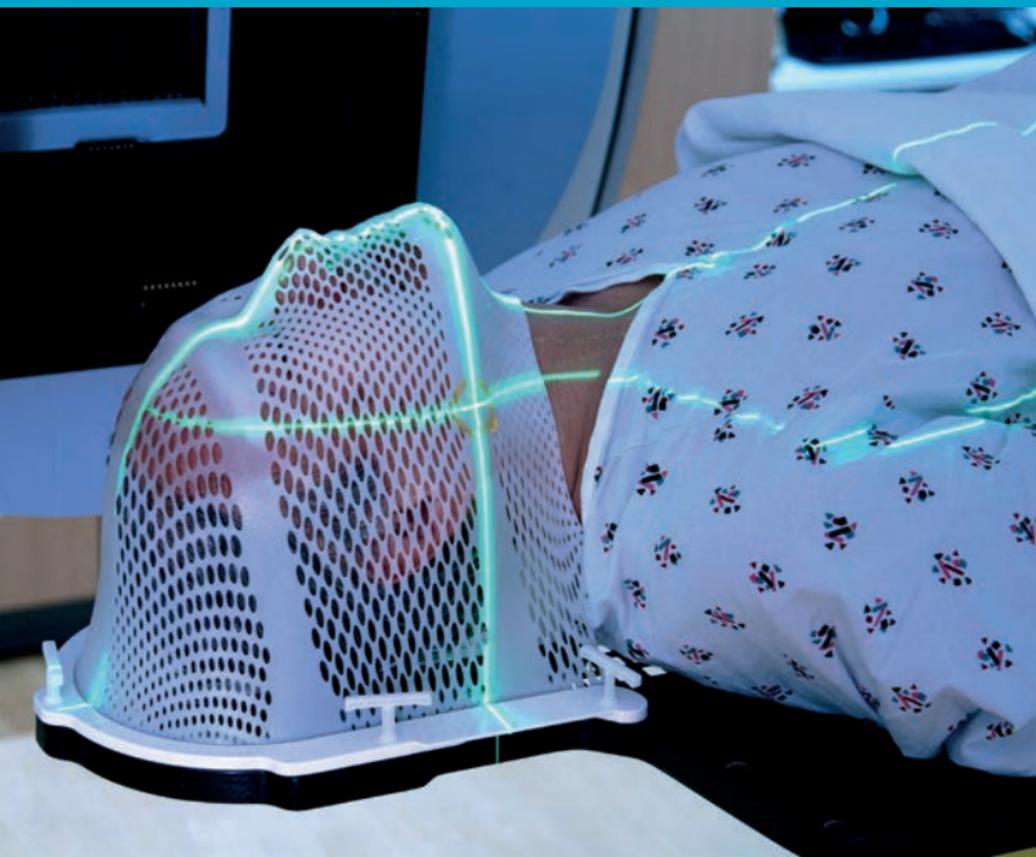


# A practical guide

Head & neck cancer patients  
and dry mouth



# Head & neck cancer and dry mouth

If you have noticed your mouth has become dry during or following cancer treatment, you may have a condition called dry mouth.

Head and neck cancer is the sixth most common cancer worldwide with 12,400 new cases diagnosed each year. With a dry mouth being one of the most common side effects during and after radiotherapy for head and neck cancer, it is important to understand how to keep on top of your oral health to avoid further complications.

Radiotherapy or chemotherapy to the head and neck can damage your salivary glands, causing a dry mouth. Your salivary glands may gradually recover but it can take 6 months or even longer to start noticing an improvement.

If your mouth is dry from treatment you may notice some of the following symptoms:

- A need to drink water which can lead to frequent urination and interrupted sleep
- Increased tooth decay or bleeding gums
- Difficulty in tasting and swallowing food
- Cracked or chapped lips
- Bad breath
- A rough tongue
- A sore or sensitive mouth
- Thick, viscous, sticky saliva

## Why water alone isn't enough

One of the most frequently used saliva substitutes is water. Water can be used as a saliva replacement however, it does not moisten, lubricate and replace what your mouth has lost after undergoing head and neck cancer treatment. Furthermore, it has been reported that patients who compensate through frequent sips of water often show a decrease in sleep quality due to the increased frequency of urination.

# Advice for a dry mouth



Drink water/low-acidic fruit juice



Eating cold foods may be more soothing than hot foods



Clean your mouth after eating with a soft brush and a mild toothpaste. Choose an alcohol-free fluoride mouthwash with a mild flavour to aid with cleansing



Avoid very dry foods, including chocolate and pastry, which can stick to the top of your mouth



Tell your doctor or pharmacist about your dry mouth and ask your dentist for oral health advice

# The role of saliva

Your saliva does more than just keep your mouth lubricated:



Helps protect your teeth from the acids and sugars in your diet, helping to prevent tooth decay



Helps remove bacteria and residual food from your mouth which can cause tooth decay and gum disease



Helps you to swallow and digest food and helps with taste



Helps keep the tissues of your mouth including your tongue, lips, cheeks and gums healthy

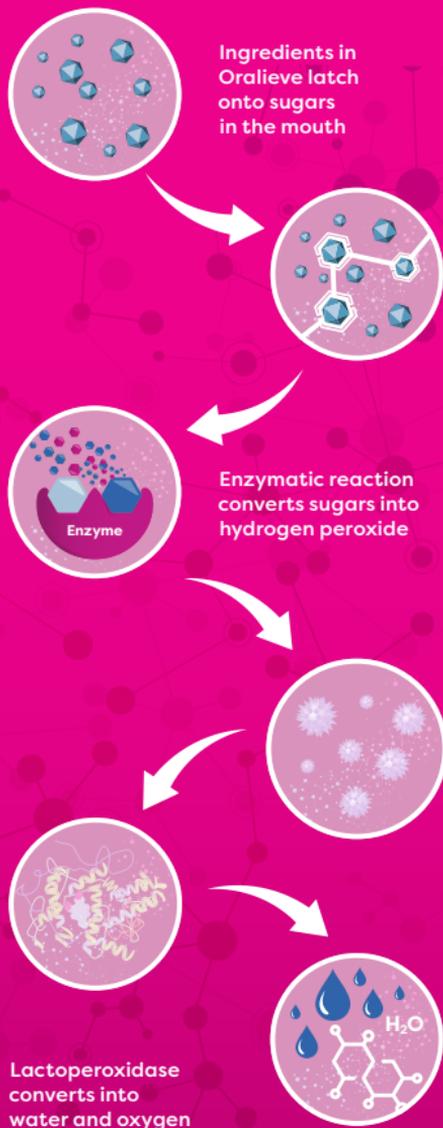


# Why Oralieve?

Oralieve products are specially formulated to help supplement and moisturise the mouth whilst promoting fresh breath.

- 1 Formulated with gentle flavours, no alcohol and no SLS
- 2 Specially designed and tested with dry mouth sufferers
- 3 Unique combination of moisturisers and enzymes supplement the same natural systems in saliva - essential for a healthy, comfortable mouth

## How the enzymes in Oralieve work





MORNING EVENING

## Oralie Ultra Mild Toothpaste

Harsh toothpastes can irritate a dry or sensitive mouth. Oralie Ultra Mild Toothpaste has an ultra mild flavour, is free from SLS, and contains fluoride to protect teeth.



LUNCH TIME

## Oralie Alcohol-Free Mouthrinse

Mild mint flavour that is gentle on dry, painful mouths which does not sting or burn. Helps improve the natural defence of saliva and maintain fluoride levels.



USE ORALIE MOISTURISING MOUTH SPRAY AND GEL

## Oralie Moisturising Mouth Spray & Oralie Moisturising Mouth Gel

Works instantly to relieve symptoms of dry mouth.

# Oralieve daily moisturising routine

A guide to helping you to maintain a moist and healthy mouth



BEFORE BED

## Oralieve Moisturising Mouth Gel

Moisturises and lubricates the mouth, effectively relieving dry mouth symptoms for up to 8 hours, providing a peaceful night's sleep.



NIGHT TIME

## Oralieve Moisturising Mouth Spray

Helps supplement or replace saliva whilst promoting fresh breath and gum health. Works instantly to relieve dry mouth symptoms, lasting 1-2 hours.

ANYTIME YOUR MOUTH NEEDS RELIEF THROUGHOUT THE DAY

How to use

# Oralieve Moisturising Mouth Gel

**STEP 1:** Apply a pea-sized amount of **Oralieve Moisturising Mouth Gel** and massage around the inside of your mouth covering the cheeks, gums and the roof of your mouth.

**STEP 2:** If your lips are dry or cracked, apply a small amount of **Oralieve Moisturising Mouth Gel** to the affected areas for instant hydration.

**For denture wearers:** Apply a small amount of **Oralieve Moisturising Mouth Gel** underneath the dentures to help provide moisture on your palate, retain your denture and prevent any sore spots.

**For end of life or patients on continuous oxygen:**

Regularly inspect the oral cavity and remove any secretions before application of **Oralieve Moisturising Mouth Gel**.



Allergy information: Contains milk proteins.

How to use

# Oralieve Moisturising Mouth Spray

**STEP 1:** For maximum benefit, spray **Oralieve Moisturising Mouth Spray** on the inside of each cheek, gums and tongue as opposed to into the back of the throat. This will help provide instant moisture, promote fresh breath and a healthy mouth.

**STEP 2:** Repeat the application of **Oralieve Moisturising Mouth Spray** as often as required to help your mouth feel fresh and comfortable throughout the day and night.



Allergy information: Contains milk proteins.

# Oralieve 360° Tooth and Mouth Brush

- Gentle cleaning for teeth, tongue and gums
- 360 degree soft, dense bristles
- Ideal for cleaning the mouth and removing secretions
- Super gentle on the soft tissues of the mouth
- Available in adult and children sizes

## Directions for use:

- Move the brush up and down in the mouth like a standard toothbrush.
- The brush can be rotated in the mouth to provide an effective clean on the teeth and gums in hard to reach areas
- Rinse after use and leave to air dry

**Do not bite or chew the brush. Replace every 3 months or before if the head is showing signs of wear or rotates.**

**Not suitable for under 3 years of age or as a teething aid.**



# Oralieve Nourishing Lip Care

Developed to help provide natural hydration and intensively moisturise your lips

- 💧 No petroleum
- 💧 Non-occlusive
- 💧 Water soluble
- 💧 Effective lip care for patients with cracked and dry lips or Angular Cheilitis
- 💧 **Suitable for patients on oxygen**



Apply as often as required

## Where to order

You can purchase any Oralieve products direct from [www.oralieve.co.uk](http://www.oralieve.co.uk) or from Amazon





Scan the QR Code  
and Visit Oralieve for  
more information



We would love to  
hear from you.

If you have any questions  
or would like to provide  
feedback, please  
contact us via email  
[hello@oralieve.co.uk](mailto:hello@oralieve.co.uk)  
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