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## Head and Neck Radiation

### Oral Hygiene Instructions

Radiation therapy for cancer has effects on the oral cavity and care must be taken to prevent further dental problems. Your saliva production will be greatly diminished while undergoing radiation. Saliva is important in protecting your teeth from dental decay or cavities. Decay can progress very quickly in a dry mouth.

To protect your teeth, we are recommending the following to be added to your normal hygiene regimen:

- Prevident Prescription Fluoride Toothpaste – Use 2X per day.
- Peridex oral rinse – Rinse 2-3X per day.
- Prevident Fluoride Gel with Custom Mouthpieces – After brushing thoroughly with toothpaste, rinse as usual. Apply a thin ribbon of gel to the mouth trays and wear once daily for at least one minute, preferably at bedtime. After use, expectorate gel. For best results, do not eat, drink or rinse for 30 minutes.