



Sometimes medications and treatments can leave your mouth very sore. Although this is normal, it can make eating unpleasant and difficult.

It is important for your treatment that you still try to eat as well as you can. This advice leaflet will give you ideas on what to eat if you are suffering from this problem. It is unlikely that you will be able to eat as much food as you did and so it is important that you choose full fat varieties of food and avoid buying anything that says 'diet'. You can also look at the 'Eat well with a small appetite' leaflet to get more ideas on how to provide additional nourishment.

Available at: www.lnds.nhs.uk

The following are tips to help with a sore mouth:

- Cold soft foods such as ice-cream, yoghurt, milk jellies and mousses can be soothing and easy to eat.
- Cold drinks can be easier to drink than hot drinks. Milky drinks such as milkshakes and yoghurt drinks are also a good source of protein, energy and vitamins.
- If you find that fresh fruit juices sting your mouth, try drinking squash fortified with vitamin c or rosehip syrup. Fresh juices such as apple or peach are less acidic than orange and grapefruit.
- Allow hot food to cool before eating and take only small mouthfuls at a time.
- Have plenty of sauce or gravy with your food to keep it soft and moist.
- Take care with salty foods such as crisps and other savoury snacks.

- Spicy foods may sting your mouth. Try reducing the amount of hot spices used in cooking and serve with natural yoghurt.
- Rough textured foods such as toast or raw vegetables such as celery or carrot can scrape and irritate. Try cereal with warm milk or boiled and mash vegetables with butter/margarine
- Try drinking through a straw.
- Melon slices can help to clear your palate and you may find these refreshing. Note they should not be used instead of cleaning your teeth.
- Tell your doctor. He or she can prescribe pain relief medication.
- Ask your doctor or nurse for advice about suitable mouthwashes. Mouthwashes can help but some mouthwashes may be too strong for you. Your doctor may be able to prescribe an anaesthetic gel or mouthwash.
- Use a soft toothbrush to clean your teeth gently. A child's toothbrush may be best.
- If you wear dentures, leave them soaking in denture-cleaning solution overnight and leave them out for as long as you can during the day to prevent them chafing your gums.
- Smoking will increase the symptoms of a sore mouth. For information on smoking cessation, please contact the stop smoking service on: 0116 454 4000 or speak to your GP.

If you have any further queries or require further advice then please speak with your Dietitian / Nurse / Doctor.