



PATIENT INFORMATION

Sore Mouth

You may be experiencing a sore mouth/throat due to illness or the treatment you are having. Here are some suggestions that may help.

- Eat small frequent meals.
- Have plenty of drinks with meals. Drinking through a straw may be more comfortable. Choose nourishing drinks such as milk, milkshakes or yoghurt based smoothies. You may find cool (but not iced) drinks soothing.
- Mouth care is very important, clean your mouth and teeth regularly. Brush your teeth gently. If your dentures don't fit well, take them out before eating and try a soft diet. You may be advised to use regular salt-water mouthwashes to cleanse your mouth.
- Avoid smoking and smoky atmospheres
- Avoid salty and spicy foods such as curry, chilli or pepper.
- Avoid alcohol, especially spirits and fortified wines such as sherry or port.
- Avoid dry or hard foods such as toast, biscuits, bread and raw vegetables. Try using plenty of bland sauces or gravy
- Avoid acidic drinks and fruit juices. Try blackcurrant, peach, strawberry, tropical, summer fruits, apple or pear squashes instead.
- Avoid very hot and very cold foods and fluids
- Take medication as directed, you may find liquid versions easier to take. If you have a problem with your medication, or if your pain is poorly controlled, please discuss this with your doctor.
- You may find it easier to manage a soft diet or even a liquidised diet - ask your health care professional for advice if you need to try one of these diets to ensure that it is nutritious.

Information given to: _____

Information Given by: Print Name _____ Signature _____

Contact Number  _____

Produced by the department of Nutrition and Dietetics, Torbay hospital

Further copies are available from the intranet (Nutrition and Dietetics website) and iCare.