

**S T E F A N O**  
D E N T A L

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## **Taking Care of Your Teeth after Radiation Therapy**

In order to keep your teeth healthy and strong after radiation it is important to:

- 1) Have meticulous dental hygiene
- 2) Wear your custom fluoride trays ten minutes daily for the lifetime of your dentition.
- 3) Visit the dentist every three months for the first year of therapy to help monitor the health of your teeth

After radiation, some patients may experience a dry mouth. Saliva provides a protective barrier against cavities, washes the teeth of food, and aids in chewing and swallowing.

Ways to help keep your mouth moist and prevent cavities are:

- 1) Keep a bottle of fluoridated tap water with you to sip during the day
- 2) Use sugar-free gum (Trident, Orbitz, any gum with the sugar substitute: Xylitol) and Sugar-free hard candies to stimulate saliva.
- 3) Use “soap free” toothpastes and mouth rinses (Biotene products in the dental aisle) which are free of sodium lauryl sulfate
- 4) Use a soft toothbrush after every meal and snack

Things to Avoid:

- 1) Sugary drinks: pop, juice, sweet tea, carbonated flavored water, etc.
- 2) In between meal snacking
- 3) Sugary items to stimulate saliva: hard candies, sugary gum, lemon drops, tick tacks, etc.