

Because of your susceptibility to infection during chemotherapy, it is very important that you do your best to maintain very thorough, consistent oral hygiene. Sometimes, the lining of the mouth and the gum tissue becomes dry and tender. It's best to use a soft or extra soft toothbrush. If using an electric toothbrush, use on gentle speed if necessary. Use a plain toothpaste or Biotene. Stay away from tartar control and whitening toothpaste. Sometimes those ingredients will sensitize the gums and teeth. Warm water with baking soda to rinse with can be very soothing.

If the gums and/or lining of your mouth "flares up", try the following regime:

1. Eat breakfast - floss teeth - brush teeth, rinse for at least 30 seconds with a chlorohexidine (Chlorohexidine Gluconate by Butler - available by prescription only)
2. One hour later - rinse with Kamillosan (mixed 10 drips to 1 ounce of water) for at least 32 sec. If ulcerated use Kamillsoan full strength.
3. Eat lunch - floss - brush – rinse with chlorohexidine
4. One hour later - rinse with Kamillosan
5. Eat dinner - floss - brush - rinse with chlorohexidine
6. One hour later - rinse with Kamillosan
7. At bedtime - floss – gently brush with water to remove plaque.
8. Enamelopn gel can also be applied with your finger along the gumline of your teeth to help remineralize the teeth and keep your mouth moist.
9. RAIN is a moisture spray if dryness occurs within your mouth especially at night.

Avoid scratchy and abrasive foods.

I checked on the purchase of the Kamillosan. It's available without a prescription on [Amazon.com](https://www.amazon.com) for \$14.25 plus \$7 shipping. It comes in a liquid, spray or ointment. The dentist who lectured on this, raved on about the Kamillosan. It is manufactured in Germany. She felt it was 'key' to the protocol. It's also available on [smallflower.com](https://www.smallflower.com).

As your oncologist allows, come in for more frequent office hygiene visits to maintain optimum oral health.

Any questions, don't hesitate to call!