

The Importance of a Preventive Oral Hygiene in Chemotherapy and Radiotherapy: A Case Report

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Abstract

Chemotherapy and radiotherapy are treatments that can cause serious short and long-term side effects, by affecting different body areas, the oral cavity included. There are immediate or late-term side effects on the oral cavity. The side effects of cervical-cephalic radiotherapy are borne by the treated area and depend on the treatment volumes and dose of radiation and drugs administered. Other factors: the age of the patient, associated therapies, psychological attitude of the patient to the disease, as well as individual sensitivity to radiation, also affect the extent of these effects.

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Citation: Morittu S (2022) The Importance of a Preventive Oral Hygiene in Chemotherapy and Radiotherapy: A Case Report, J Oral Hyg Health 10: 325. (Figure 1).

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Case Report

Case Report

The patient is a 60-year-old female, with a history of cervical-cephalic radiotherapy for breast cancer. She presented with oral mucositis and xerostomia, leading to significant discomfort and difficulty in eating and drinking. The patient was referred to the dental clinic for a comprehensive oral care plan, including dietary and oral hygiene changes, and the use of oesophageal and oral care products. The patient was educated on the importance of preventive oral hygiene and the use of fluoride toothpaste and mouthwashes. The patient was also advised to avoid spicy and acidic foods, and to use a soft toothbrush. The patient was followed up regularly, and her symptoms improved significantly over time.

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