

Contact Details

Restorative Department

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Monday to Friday 9.00 am to 4.00 pm

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Patient Information Leaflet

Mouthwashes



Please speak to a member of staff if you need
this leaflet in large print, braille, audio
or another language

Introduction

This leaflet provides you with information about mouthwashes you may be prescribed to help support your oral care during treatment.

Mouthwashes

During radiotherapy treatment, it can be more difficult to keep your mouth clean as your mouth may become sore.

Mouthwashes will be recommended by your dental therapist for you to use. You will need an advisory note which you will need to take to your doctors who will then issue you a prescription.

They can also be obtained over the counter from a pharmacy or supermarket.

These include:

Chlorhexidine (alcohol free 0.2%)

mouthwash is an antiseptic mouthwash which will reduce the amount of plaque bacteria in the mouth.

As certain ingredients in some toothpastes can reduce the mouthwash's effectiveness, use 10 minutes before brushing in the morning and every night during your radiotherapy.



Difflam mouthwash 0.15% can be used if you experience a sore mouth and have difficulty and or pain on swallowing.

Difflam Oral Rinse belongs to a group of medicines called non-steroidal anti-inflammatory drugs or NSAIDs.

It contains a numbing agent called benzydamine hydrochloride, which will help to relieve any discomfort in the mouth.

You may use this mouthwash up to 4 times daily if required.



Fluoriguard mouthwash 0.05%

can be used if you experience a reduction in saliva flow after radiotherapy, as it can increase the risk of dental decay in your mouth.

You may also find that your diet changes to a high sugar frequency diet, which can also increase the risk of dental decay.

