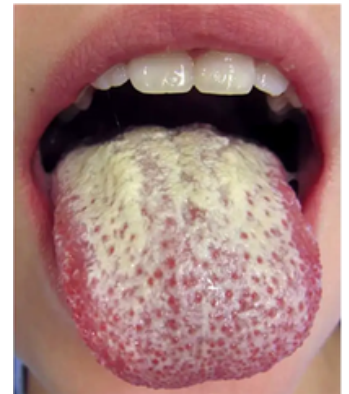


# PREVENTING ORAL THRUSH AFTER SURGERY

Thrush is a fungal (yeast) infection that can grow in your mouth & throat. It appears as creamy white, raised lesions in your mouth, sometimes resembling cottage cheese. The stress of surgery and some of the medications given during your surgery can cause fungus to grow and increases your risk of developing oral thrush.



## BELOW ARE A FEW HELPFUL THINGS YOU CAN DO TO PREVENT ORAL THRUSH:

- Brush your teeth at least twice a day with a fluoride toothpaste
  - Rinse mouth and/or brush your teeth after drinking protein shakes
  - Keep up with fluid intake-a dry mouth is a place for yeast to grow
  - Replace your current toothbrush
  - If you use a CPAP, make sure it is cleaned regularly
  - Rinse mouth and/or brush your teeth after using inhaled steroids
  - If you wear dentures, make sure they are cleaned regularly and fit appropriately
  - If you have diabetes, it is important to keep your blood sugar levels under control
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