

## Suspected oral cancer lesion – what you should do

When caring for someone else it is important you act on anything that does not seem quite right, no matter what part of their wellbeing this might be. This includes their oral health too.

As part of looking after someone's oral health, you should take a bit of time looking in the mouth, at the tongue, cheeks and palate. This can be done when brushing their teeth, if something doesn't look 'normal' then you should make a note of it in the residents' care plan and notify your manager. Ulcers that take longer than several weeks, they may be painful or painless, should also be noted and checked. We like the phrase, 'if in doubt, get checked out!' The manager should then make an urgent appointment for that resident with their dentist if they have one, if not their GP would be second choice. The dentist will have a look and may refer on to a specialist at the hospital for a second opinion. Early detection of oral cancer is important for survival rates! Don't delay in making that appointment you could save their life!

Look out for any unusual changes. Look out for changes such as those below:



<http://www.dentalhealth.org>  
<https://www.nhs.uk>

Review: June 2023