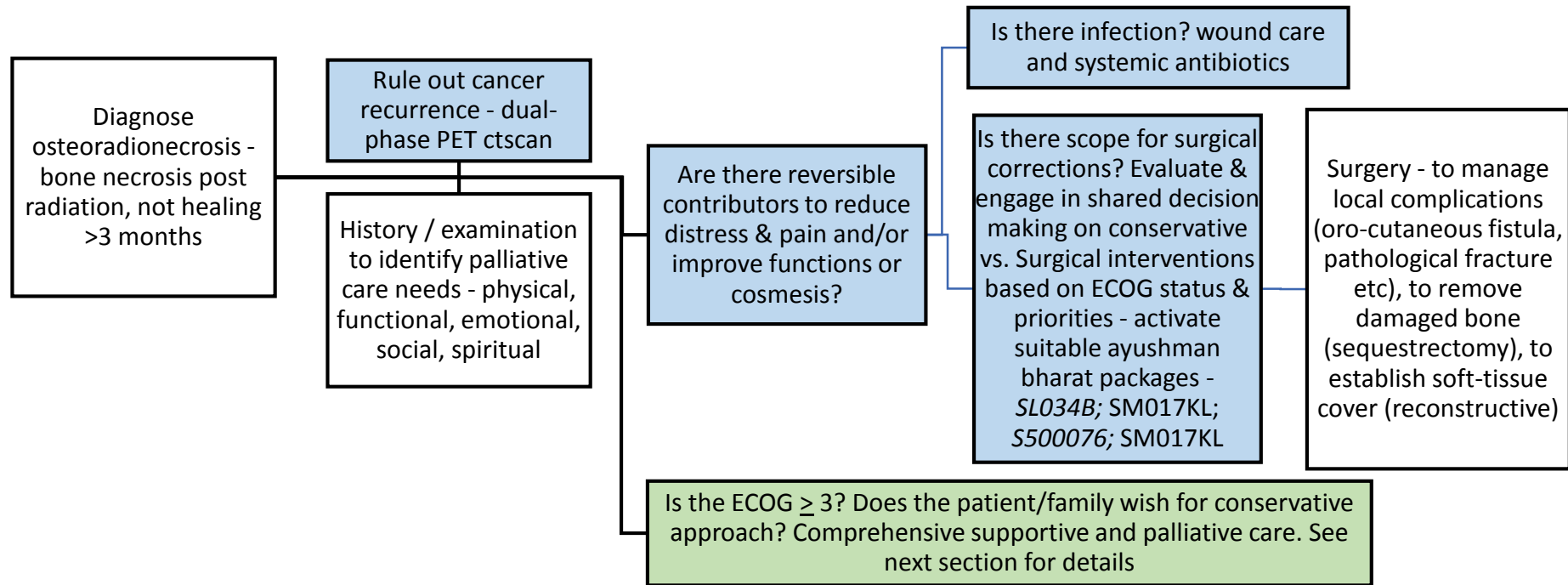
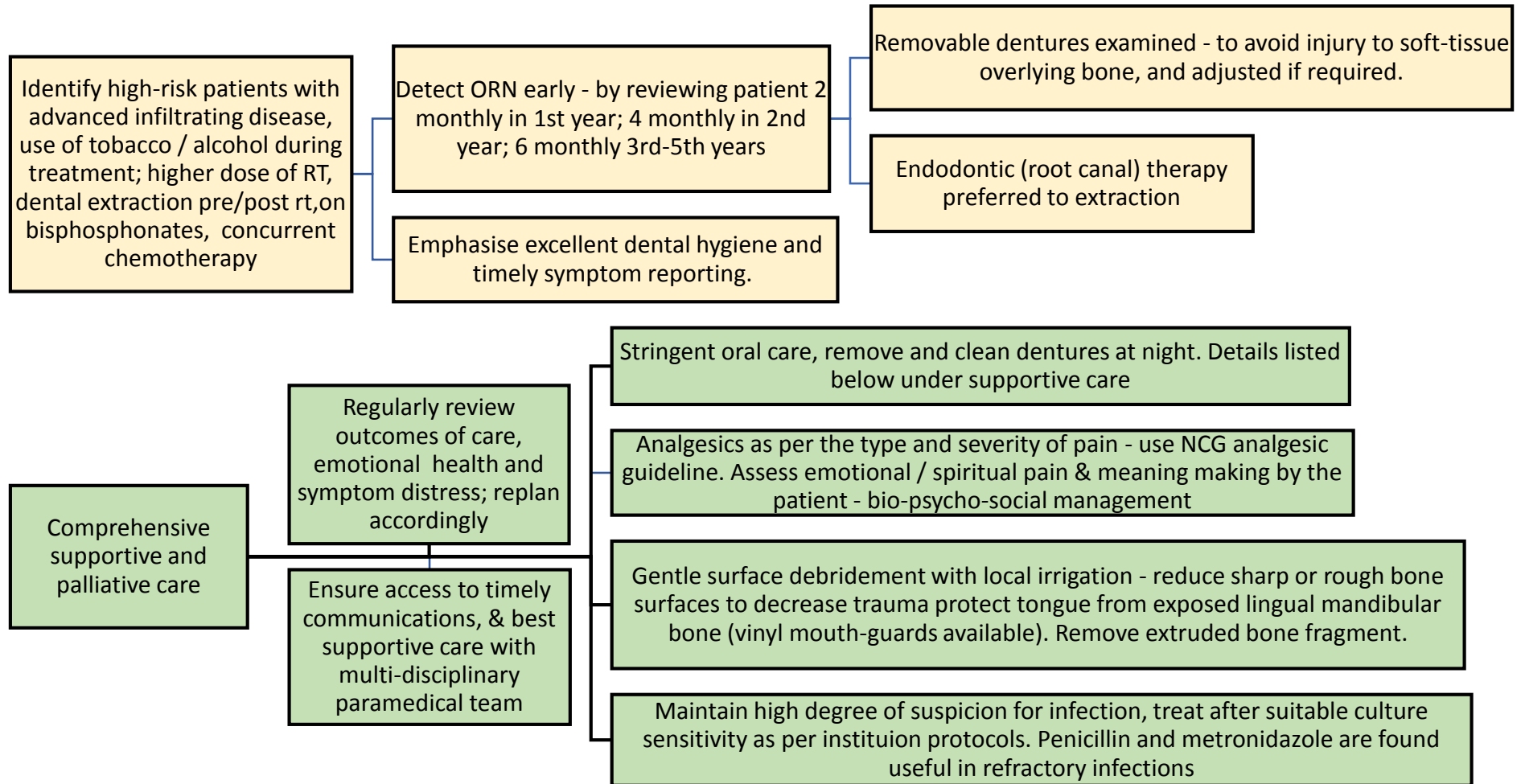


Approach to managing Osteoradionecrosis



Approach to managing Osteo-radio-necrosis Contd...



Medications

Analgesics –Selected and titrated as per the NCG Pain management guidelines

Site specific analgesia - viscous lidocaine 2%.on painful area with cotton swab. If generalised pain - Swish, gargle, and spit out 1 tablespoon of the medication every 3 to 4 hours, up to 8 times a day. Don't swallow the medication. Don't eat for 60 minutes after using the medication

Antibiotics: As recommended by the institution protocols. Common regime - Amoxicillin/clavulanic acid 625 mg 3 times a day with T Metronidazole 400mg TDS for 7 days and reassess

Newer Therapies

- A. Pentoxifylline 400mg BD + Vitamin E - Tocopherol 1000 IU OD (anti-oxidant therapy, to improve vascularity, reduce microvascular damage) are commonly used - This now part of standard recommendations
- B. Hyperbaric oxygen therapy - aimed at enhancing mucosal cover and healing - This NOT part of standard recommendations – but used when A is not accessible/available

Supportive Care ¹
<p>MDT referrals</p> <ol style="list-style-type: none"> 1. Nursing – wound care, Oral care (Refer to appropriate NCG Guidelines) 2. Education <ol style="list-style-type: none"> a. Avoid tobacco, alcohol, mouthwash with alcohol, dentures, bridges which irritate inner lining, b. Avoid – Salty, spicy & processed foods, very hot or cold foods and liquids, citrus fruits c. d. Ensure continuity of care and to support shared decisions around interventions 3. Rehabilitation professionals – speech, swallow therapy 4. Dietician / Nutritionist -- high protein diet, diet of different consistencies and temperatures

¹ <https://www.mskcc.org/cancer-care/patient-education/mouth-care-during-your-treatment>

5. Communications: check the meaning of the condition to the patient, engage, assess for emotional / spiritual components of pain, assist access / provide support
6. Counsellor / Psychologist – emotional distress, coping techniques, shared decisions
7. Social worker – support groups, economic self-sufficiency

Medicines and Equipment for Procedures

1. Wound debridement with irrigation – gloves, syringes, sterile water
2. Local nerve block procedures for pain relief in highly selected patients– gloves, syringes , bupivacaine, sterile water , needles
3. Dressing material
4. Oral care set - soft toothbrush, home-made mouth-washes – 1 glass of Lukewarm water with a pinch of salt & soda each (avoid mouthwash high content of alcohol / salt) fluoride toothpaste or baking soda with fluoride