

## The Importance of An Oral Cancer Self Examination

An oral cancer examination and screening is best done regularly by your dentist. Patients can also perform this self-examination between dental visits to check for any early signs of oral cancer. If you are concerned about any of your findings, immediately see your dentist for an evaluation.



Press along the sides and front of the neck and feel for any tenderness or lumps. Do the same on your face. Normally, your face and neck are symmetrical so notice any bumps or swelling.



Pull your upper lip up and look for any sores and color changes on your lips and gums. Repeat this on your lower lip.



Use your fingers to pull out your cheeks and look for any color changes such as red, white, or dark patches. Put your index finger on the inside and your thumb on the outside of your cheeks to feel for any lumps. Repeat on other cheek.



Tilt your head back and open your mouth wide to see if there are any lumps or color changes.



Grab your tongue with a cotton gauze and examine for any swellings or color changes. Look at the top, back and each side of your tongue



Touch the roof of your mouth with your tongue and look at the underside of your tongue and the floor of your mouth. See if there are any color changes or lumps. Use one finger inside your mouth and one finger on the outside corresponding to the same place and feel for any unusual bumps, swelling, or tenderness.

**Disclaimer:**

*This pictorial guide is not meant to take the place of a comprehensive oral and dental examination and screening by a dental professional*