

# Low-level laser therapy for preventing or treating oral mucositis caused by radiotherapy or chemotherapy

Information for the public

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This procedure works well for oral mucositis caused by radiotherapy or chemotherapy. There are no serious concerns about its safety.

Oral mucositis is inflammation of the lining of the mouth that can cause pain, dryness, ulcers and difficulty swallowing. It is a common and serious side effect of chemotherapy and radiotherapy. This procedure uses low-energy lasers, inside or outside the mouth, to treat the affected tissue. The aim is to reduce inflammation and stimulate the healing process.

[NHS Choices](#) may be a good place to find out more. NICE's information on [interventional procedures guidance](#) has more about what a procedure is and how we assess them.

## Is this procedure right for me?

If you've been offered this procedure, your healthcare professionals should discuss with you what is involved, and tell you about the risks and benefits. They should talk with you about your options, and listen carefully to your views and concerns. Your family can be involved too, if you wish. All of this should happen before you agree (consent) to have the procedure. You should also be told how to find more information about the procedure. Read more about [making decisions about your care](#).

## Some questions to think about

- What does the procedure involve?
- What are the possible benefits? How likely am I to get them?
- What are the risks or side effects? How likely are they?
- What happens if the procedure doesn't work or something goes wrong?
- What happens if I don't want the procedure? Are there other treatments available?

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