

Part 4: Intra-Oral Exam Cheatsheet

<p>Wolters Kluwer Health Lippincott Williams & Wilkins</p> <h3>Lesions that Might Signal Oral Cancer</h3> <ul style="list-style-type: none"> • Leukoplakia (white lesions) - possible precursor to cancer • Erythroplakia (red lesions) - greater potential for becoming cancerous than leukoplakia   <p><small>Copyright © 2010 Wolters Kluwer Health Lippincott Williams & Wilkins</small></p>	<p>Wolters Kluwer Health Lippincott Williams & Wilkins</p> <h3>Symptoms the Patient Might Report</h3> <ul style="list-style-type: none"> • Soreness • Lump or thickening • Numbness • Hoarseness • Feeling as if something is caught in throat • Difficulty chewing or swallowing • Ear pain • Difficulty moving jaw or tongue • Jaw swelling that causes ill-fitting dentures <p>Oral cancer often has NO symptoms!!!</p> <p><small>Copyright © 2010 Wolters Kluwer Health Lippincott Williams & Wilkins</small></p>
<p>Wolters Kluwer Health Lippincott Williams & Wilkins</p> <h3>Palpate the lips with your thumbs and forefingers</h3>  <p><small>Copyright © 2010 Wolters Kluwer Health Lippincott Williams & Wilkins</small></p>	<p>Wolters Kluwer Health Lippincott Williams & Wilkins</p> <h3>Inspection of Upper / lower Labial Mucosa</h3> <ul style="list-style-type: none"> • Visually inspect • Use index fingers inside the mouth, thumbs on outside. • Retract the lip fully away from teeth and alveolar ridge.  <p><small>Copyright © 2010 Wolters Kluwer Health Lippincott Williams & Wilkins</small></p>
<p>Wolters Kluwer Health Lippincott Williams & Wilkins</p> <h3>Inspection of the Maxillary and Mandibular Buccal Mucosa</h3>  <ul style="list-style-type: none"> • Stretch right cheek up and away from maxillary teeth. • Extend tissue so that no folds remain to conceal a lesion or abnormality. • Be sure to do both the right and left sides of the mouth <p><small>Copyright © 2010 Wolters Kluwer Health Lippincott Williams & Wilkins</small></p>	<p>Wolters Kluwer Health Lippincott Williams & Wilkins</p> <h3>Palpation of the Cheek:</h3> <ul style="list-style-type: none"> • Left hand - middle and ring finger extraorally • Right hand - index finger intraorally • Compress tissue between your fingers. • Palpate the entire length of the buccal mucosa.  <p><small>Copyright © 2010 Wolters Kluwer Health Lippincott Williams & Wilkins</small></p>
<p>Wolters Kluwer Health Lippincott Williams & Wilkins</p> <h3>Inspection of The Hard and Soft Palate</h3> <ul style="list-style-type: none"> • Visual inspection of the hard and soft palate, uvula, tonsils, and oropharynx. • With mirror reflecting surface down, ask patient to say "ahhhh." • Apply firm downward and forward pressure with mirror.  <p><small>Copyright © 2010 Wolters Kluwer Health Lippincott Williams & Wilkins</small></p>	<p>Wolters Kluwer Health Lippincott Williams & Wilkins</p> <h3>Inspection of Tongue</h3> <ul style="list-style-type: none"> • Grasp the tongue with damp gauze. • Visually inspect the entire dorsal surface. • Visually inspect the entire ventral surface.  <p><small>Copyright © 2010 Wolters Kluwer Health Lippincott Williams & Wilkins</small></p>

<p style="text-align: right;">Wolters Kluwer Health Lippincott Williams & Wilkins</p> <h3>Inspection of the Lateral Borders</h3> <ul style="list-style-type: none"> • Gently pull tongue to the left commissure. • Evert it to obtain a clear view of the lateral surface. • Repeat to inspect the other side of tongue.  <p style="font-size: small;">Copyright © 2010 Wolters Kluwer Health Lippincott Williams & Wilkins</p>	<p style="text-align: right;">Wolters Kluwer Health Lippincott Williams & Wilkins</p> <h3>Inspection of the Floor of the Mouth</h3> <ul style="list-style-type: none"> • Can be done at the same time as inspecting the lateral border of the tongue • Apply pressure under the mandible for better visibility  <p style="font-size: small;">Copyright © 2010 Wolters Kluwer Health Lippincott Williams & Wilkins</p>
<p style="text-align: right;">Wolters Kluwer Health Lippincott Williams & Wilkins</p> <h3>Palpation of the Floor of the Mouth</h3> <ul style="list-style-type: none"> • Right index finger on floor of mouth • Left middle and ring fingers under chin • Gently move tongue out of way using your index finger • Apply pressure as if to make fingers of both hands meet  <p style="font-size: small;">Copyright © 2010 Wolters Kluwer Health Lippincott Williams & Wilkins</p>	