

Oral Cancer Screening Exam

Review Medical History – Tobacco, Alcohol, Difficulty Swallowing

Extra Oral:

- Visual exam – All around head & neck, face, skin – Asymmetry
- Lower head forward – Palpate occipital nodes
- Submental & submandibular nodes – Press against bony structures
- General palpation of head & neck - compare R and L sides
- Tongue to roof of mouth – sublingual & submandibular glands
- Clench – palpate parotid glands
- TMJ area open & close – deviations, crepitus, popping, pain
- Pre & Post auricular – circular compression, compare R/L
- Turn head to side, chin down – sternocleidomastoid muscles; also anterior & posterior cervical chain lymph nodes, supraclavicular nodes
- Thyroid - slightly displace trachea from behind
- From anterior larynx for mobility – have patient swallow

Intra Oral:

- Lips & commissures – color, contour, consistency
- Mandibular & maxillary labial mucosa – palpate between thumb & fingers
- Gingival tissues and frenum
- Buccal mucosa Right/Left – Palpate intra & extra oral
- Hard & soft palate, retromolar pads & tuberosities
- Retract tongue & say “ahhh” - uvula, soft palate & tonsillar areas
- Stick tongue out – gauze lateral & dorsal tongue
- Tongue to roof of mouth ventral surface – palpate floor of mouth
- Palpate tongue between fingers
- Assess salivary flow – Q tip

Information – Support – Advocacy – Research...And Hope ~ The Oral Cancer Foundation

See <http://oralcancerfoundation.org/screening/> for more information.