All you need is a mirror & good light source as you inspect and feel for any lumps, red/white patches, changes in colour/texture, lingering ulcers or anything unusual.

1 Face
Look at the whole face
Are there any swellings you haven’t noticed before?
Inspect your skin
Has anything changed recently?
Have moles become larger or started to itch or bleed?
Turn your head from side to side
This stretches the skin over the muscles making lumps easier to see.

2 Neck
Run the fingers under your jaw and feel along the large muscle either side of neck using the balls of your fingers
Are there any swellings?
Does everything feel the same on both sides?

3 Lips
Pull your upper lip upwards and bottom lip downwards
look inside for any sores or changes in colour.
Use your thumb and forefinger
Feel around inside your lips checking for any lumps, bumps or changes in texture.

4 Gums
Use your thumb and forefinger
Feel the inside and outside of the gum working your way around the gum for anything unusual.

5 Cheeks
Open your mouth and pull your cheeks away, one side at a time, with your finger to look inside
Look for any red or white patches.
Does everything feel the same on both sides?
Use your finger in the cheek to check for ulcers, lumps or tenderness. Repeat on the other side
Your tongue can be helpful to locate sore areas, ulcers or rough patches.

6 Tongue
Gently pull out your tongue and look at one side first and then the other
Look for any swelling, ulcers or change in colour.
Examine the underside of your tongue by lifting the tip of your tongue to the roof of your mouth.

7 Floor of the mouth
Lift your tongue up and look underneath at the floor of your mouth
Look for any colour changes that are unusual.
Gently press your finger along the floor of your mouth and underside your tongue
Feel for any lumps, swellings or ulcers.

8 Roof of mouth
Tilt back your head and open your mouth wide to inspect the roof of your mouth
Look to see if there are changes in colour or ulcers. Check for changes in texture with your finger.

Mouth Cancer Foundation - registered charity no. 1109298.
www.mouthcancerfoundation.org   01924 950 950
For information on Bite Back at Mouth Cancer and to order leaflets and posters info@mouthcancerfoundation.org