

Oral ulcers



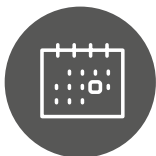
ASK YOURSELF?

- How long has the ulcer been present?
- Has the ulcer been persistent for more than 2 weeks and is not painful – See Alert
- Do you suffer with mouth ulcers regularly?
- Have you traumatised the skin or gum in the mouth by:
 - Biting or burning yourself
 - Eating sharp food
 - Broken or sharp tooth
 - Broken appliance (denture or orthodontic)
- What provokes and relieves the symptoms?
- Do you have anaemia, gastro-intestinal symptoms or skin conditions or take any medication?



ADVICE

- Ulcers caused by trauma are usually sore, but will resolve in a week or two
- Other causes include anaemia, gastro-intestinal disorders, iron and vitamin deficiencies, immune conditions, dermatoses, stress and medication
- Oral hygiene advice – tooth brushing twice a day; using mouthwashes
- Local pain relief using mouthwashes or topical gels or Difflam mouthwash or spray
- Avoid precipitating factors e.g. spicy foods
- Avoid smoking



FOLLOW UP

- Recurrent mouth ulcers require dental assessment for possible referral to specialist
- Broken/sharp teeth require dental assessment and treatment
- ANY non-healing, non-painful ULCER present for 2 weeks or more, that has no obvious repeat trauma to the area requires URGENT Dental Assessment – See Alert



ALERT

- If you feel unwell in yourself or are unable to eat or drink, you should seek medical or dental attention
- ANY non-healing and non-painful ULCER present for 2 weeks or more requires URGENT Dental Assessment to exclude oral cancer



SELF CARE

- Topical anaesthetic mouthwashes e.g. Difflam mouthwash or spray
- Topical anaesthetic gels
- Mouthwash
- Paracetamol, ibuprofen (if required for pain relief)