

# Oral Fungal Infections (thrush)



## ASK YOURSELF?

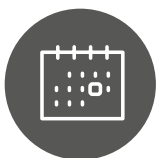
- When did you notice the coating on your tongue or roof of mouth?
- Does it wipe off or brush away?
- Have you had this before?
- Do you use inhalators, wear a denture or wear braces?
- Do you smoke?
- Do you have diabetes?
- Have you recently taken antibiotics or are you on long term steroids?
- Do you have any signs of systemic symptoms e.g. high temperature, nausea or vomiting?

**Fungal infections can present in babies, children and adults. Be aware that it may not always appear white; other symptoms may include redness, altered taste, soreness and this may lead to difficulty eating and drinking.**



## ADVICE

- This condition is usually harmless and easily treated
- See a doctor or dentist who can diagnose and prescribe an antifungal if necessary
- Even if you have no teeth, use a soft toothbrush to brush gums and tongue
- Do not sleep wearing your dentures
- Sterilise bottles for children after use, and sterilise dummies regularly
- Visit the dentist regularly
- Change your toothbrush after having oral thrush to prevent reinfection
- If using an inhaler, use a spacer device and rinse out with water after using this



## FOLLOW UP

- Long term oral fungal infection may be an indication of underlying infection which will need further investigation by a doctor



## ALERT

- If you have a non-diagnosed white patch in your mouth that cannot be wiped away and has been present for over 2 weeks, this requires URGENT dental assessment to exclude oral cancer



## SELF CARE

**Maintaining a clean mouth is very important if a person has a fungal infection. A person with thrush may be prescribed any of the following for oral candida:**

- Nystatin (antifungal mouthwash) – Should be held in the mouth for a minute for maximum topical effect
- Fluconazole – A systemic medication, generally for more severe cases