

# MANAGING MOUTH ULCERS



## PAINFUL ULCER GETTING YOU DOWN?

Although painful, most ulcers will heal within 7-10 days. If an ulcer or oral lesion doesn't heal after 3 weeks, it should be assessed by a dentist or doctor. Discomfort from ulcers can be relieved with:

- ◆ Warm salty mouthwash.
- ◆ Excellent cleaning (even if it is painful to brush, the mouth must be kept clean to encourage healing and prevent more ulcers forming).
- ◆ Difflam (Benzydamine) spray or mouthwash as needed.
- ◆ Soft diet (soft food will reduce trauma from biting).
- ◆ Painkillers (following packet instructions).
- ◆ Rubbing dentures, if present. Any sharp edges can be removed using an emery board. Denture adhesives like fixodent may help secure a loose denture. Remove dentures when possible if causing trauma.
- ◆ Corsodyl mouthwash (avoid use for over a week as may cause staining).