

CANKER SORES

A canker sore is an ulcer on the soft tissue inside your mouth, usually on the tongue, soft palate and inside of cheeks. Typically you notice a burning sensation and a round, whitish spot with a red edge or halo.

Causes

- Stress or tissue injury
- Certain foods may trigger eruption or aggravate
- Biting the inside of your mouth

Two Types

- Simple – lasts 4-7 days, occurs 3-4 times a year
- Complex – more frequent, as old sores heal new sores appear

Self Care

- Avoid abrasive, acidic or spicy foods
- Apply ice to the canker sore
- Brush teeth carefully to avoid irritation
- Use a topical ointment containing phenol
- Rinse your mouth with over the counter preparations - try diluted hydrogen peroxide or elixir of Benadryl.
- Use an over the counter pain reliever

Contact Physician if:

- New high fever with canker sores
- Spreading sores or signs of spreading infection
- Pain that is not controlled with the above listed measures
- Sores that do not heal completely within a week

A physician can prescribe a prescription mouthwash, a corticosteroid salve or an anesthetic solution called viscous lidocaine.

See a dentist if sores are caused by sharp tooth surfaces or dental appliances.

Contact your physician if you have any questions or problems.