

❖ **INFLAMMATION**

How can you get inflammation in the mouth?

Inflammation in the mouth can be caused by

- × infection
- × trauma
- × an underlying medical or dental problem

It can occur on your throat, gums, cheeks and tongue and be very painful and uncomfortable.

How do you treat inflammation in the mouth?

The underlying cause of the problem needs to be addressed to successfully remove the inflammation. If it is caused by an abscess on a tooth then you must see your dentist to receive the appropriate treatment. If it is caused by new braces then try to use dental wax as a physical barrier so it doesn't rub on your inner lip.

However, there are oral and topical anti-inflammatory medications that can be used short-term to reduce the swelling and pain, which will make eating and talking much easier! It depends if you prefer a tablet, lozenge, spray, gargle or gel but below are some products to choose from;

<u>PRODUCT</u>	<u>DIRECTIONS</u>	<u>COMMENTS</u>
NUROFEN TABLETS	Take 1-2 tablets every 4 to 6 hours after food. Maximum of 6 per day	*Tablet will last longer than topical relief. *Removes pain and inflammation all over the body
VOLTAREN RAPID TABLETS (12.5mg or 25mg)	Take 2 tablets first with food initially and then 1 tablet every 8 hours. Maximum of 6 per day	*Some people respond better to this than Nurofen, but it is trial and error to see which is better for you *Removes pain and inflammation all over the body
NUROFEN PLUS CAPLETS	Take 1-2 tablets every 4 to 6 hours after food. Maximum of 6 per day	*Codeine acts as an extra pain reliever *You can combine this with Paracetamol to get the strongest pain relief OTC *Codeine can cause drowsiness which can be an issue through the daytime *Codeine can cause nausea and constipation
DIFFLAM (spray, Solution, lozenges, mouth gel)	Apply every 3 to 4 hours	*Works in the area that you apply it and brings down swelling and pain *It is perfect for tonsillitis or pharyngitis *One type of Difflam lozenges contains an anaesthetic also; so it works stronger than ordinary ones to numb the area *Best used after food so that you do not burn or bite your mouth as it is numb but using it before will make eating less painful...
SM33 LIQUID/GEL	Apply every 3 to 4 hours	*Has an anaesthetic to numb the area as well as ingredients to help reduce swelling. *The gel is thick so can stay on the area for some time *Much stronger than <u>Bonjela</u>
ORABASE	Apply when needed	*A thick paste that you smear on to give a physical barrier between the sore area and the mouth. Excellent for dentures rubbing on the gum or inner lip or if you keep biting yourself
KENALOG IN ORABASE	Apply a thin layer to the affected area up to three times a day after food	*Has a mild steroid to reduce the inflammation and swelling *Is a thick paste that you have to smear on, and acts as a physical barrier between the sore spot and the mouth *Is very strong and can speed up the healing of the area but does not numb the pain. *Only available from speaking with your pharmacist