

❖ **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;

| <b><u>PRODUCT</u></b>                                 | <b><u>DIRECTIONS</u></b>  | <b><u>COMMENTS</u></b>   |
|---|---|--|
| <b>NUROFEN TABLETS</b>                                | Take 1-2 tablets every 4 to 6 hours after food.<br>Maximum of 6 per day                           | *Tablet will last longer than topical relief.<br>*Removes pain and inflammation all over the body  |
| <b>VOLTAREN RAPID TABLETS (12.5mg or 25mg)</b>        | Take 2 tablets first with food initially and then 1 tablet every 8 hours.<br>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<br>*Removes pain and inflammation all over the body   |
| <b>NUROFEN PLUS CAPLETS</b>                           | Take 1-2 tablets every 4 to 6 hours after food.<br>Maximum of 6 per day                           | *Codeine acts as an extra pain reliever<br>*You can combine this with Paracetamol to get the strongest pain relief OTC<br>*Codeine can cause drowsiness which can be an issue through the daytime<br>*Codeine can cause nausea and constipation  |
| <b>DIFFLAM (spray, Solution, lozenges, mouth gel)</b> | Apply every 3 to 4 hours  | *Works in the area that you apply it and brings down swelling and pain<br>*It is perfect for tonsillitis or pharyngitis<br>*One type of Difflam lozenges contains an anaesthetic also; so it works stronger than ordinary ones to numb the area<br>*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... |
| <b>SM33 LIQUID/GEL</b>                                | Apply every 3 to 4 hours  | *Has an anaesthetic to numb the area as well as ingredients to help reduce swelling.<br>*The gel is thick so can stay on the area for some time<br>*Much stronger than <u>Bonjela</u>  |
| <b>ORABASE</b>  | 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   |
| <b>KENALOG IN ORABASE</b>                             | 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<br>*Is a thick paste that you have to smear on, and acts as a physical barrier between the sore spot and the mouth<br>*Is very strong and can speed up the healing of the area but does not numb the pain.<br>*Only available from speaking with your pharmacist   |