

❖ **MOUTH ULCERS**

Mouth ulcers are very painful sores that resemble blisters with a clear centre that can occur anywhere in the mouth; the cheek, tongue, under the tongue and on the throat. My father, my sister and I have long suffered with these whenever we have been rundown and stressed and even to this day we all still suffer from them; and trust me they are not pleasant!!

**What causes mouth ulcers?**

Being rundown and stressed is a common cause, taking B-group vitamins can help the body heal and increase endurance and stamina in times of stress. Spicy, acidic foods and drinking alcohol can also cause the mucus membrane to break down. Physical trauma such as biting your cheek or knocking your gum with your toothbrush or recent braces can also cause it.

If you are getting them regularly or they don't look like the typical ulcer, then visit your dentist or doctor who may be able to look into other possible causes. They may take a sample or take a blood test to see if there is an underlying condition.

**How can you treat mouth ulcers?**

Mouth ulcers will heal and disappear within 7 to 10 days. But if you are like me and end up with at least 3 at the same time, then my main goal is to remove the pain so that I can talk and eat with ease! For my Dad, his goal has always been to get rid of the swelling and inflammation so that it can heal and go away faster. So, what you choose to use is up to you and what you want to achieve!

<b>PRODUCT</b>	<b>INGREDIENT</b>	<b>DIRECTIONS</b>	<b>COMMENTS</b>
CEPACAINE	<u>Benzocaine</u> (local anaesthetic) <u>Cetylpyridium</u> (anti-bacterial)	Gargle and/or swish around 10-15 mL every 3 to 4 hours and spit out	*Contains a local anaesthetic which numbs the pain for 3 to 4 hours *The antibacterial and help to clear a mild infection *Best used after food so that you do not burn or bite your mouth as it is numb; but using before makes eating easier so depends on how clumsy you are!
SM33 GEL OR LIQUID	<u>Lignocaine</u> (local anaesthetic) <u>Salicylic acid</u> (reduces swelling) <u>Tannic acid</u> <u>Menthol, ethanol</u>	Apply the gel using cotton tip or clean finger every 3 to 4 hours when required	*Contains a local anaesthetic which numbs the pain for 3 to 4 hours *The antibacterial and help to clear a mild infection *Contains an anti-inflammatory to help remove the swelling *Gel stays on the area longer than the liquid but the liquid is slightly stronger *Best used after food so that you do not burn or bite your mouth as it is numb; but using before makes eating easier!
DIFFLAM (gel, spray, solution or lozenges)	<u>Benzylamine</u> (anti-inflammatory) <u>Chlorhexidine</u> (anti-bacterial) * <u>Lignocaine</u> (local anaesthetic)	Use any form every 3 to 4 hours after food	*The anti-inflammatory can remove the swelling and pain for 3 to 4 hours. All forms are effective so choose what you find the easiest to use *Has a mild antibacterial to clear infection *Some of the lozenges contain the anaesthetic not the entire range; but it will help to numb the area and make it easier to talk and eat *Take care if asthmatic as it may trigger symptoms
KENALOG IN ORABASE	<u>Triamcinolone</u> (cortisone)	Apply the paste after food to the ulcer up to three times a day, preferably bed time being one of them (smear it on, don't rub it in)	*Is a mild steroid so it removes the inflammation, swelling and speeds up the healing *Is a thick paste so acts as a physical barrier to promote healing and protects against teeth or food from touching the ulcer *But it does not reduce the pain
ORABASE	<u>Protective base</u>	Use as often as required to the affected area (smear it on, don't rub it in)	*Non-medicated thick paste to act as a physical barrier. Works particularly well if you have a poor fitting denture or have just had braces put in
MEDIJEL	<u>Lignocaine</u> <u>Aminacrine</u> (both local anaesthetics)	Apply the gel to the affected area every 3 to 4 hours	*Contains 2 local anaesthetics to numb the area for 3 to 4 hours Best used after food so that you do not burn or bite your mouth as it is numb *This is stronger than SM33 in numbing the area, but does not have ingredients to help reduce the swelling

**What else can I do to recover quickly?**

I would recommend using a B-complex vitamin during times of stress and heavy work load if this is a trigger factor for you. Blackmore's Executive B complex is the product that my family use and swear by!

Try to avoid spicy, acidic, alcohol and high caffeine containing foods and drinks if this triggers it off for you. If you have an ill-fitting denture, then go back to your dentist to have it resized so that it does not keep occurring. If you have just had braces then try to use dental wax on the top so that they do not rub against the inside of your mouth. Ask your dentist when you have them put on what products suit those braces the best. Finally, do not brush your teeth too hard and use a soft tooth brush as it can cause trauma to your gums and cheeks