**Lyme Bay Medical & Dental Practice**

**Ulcers**

**Questions:**

1. How long as the ulcer been present?
2. Do you suffer with mouth ulcers regularly?
3. Have you traumatised the skin or gum in the mouth?
4. What provokes and relives the symptoms?
5. Do you have anaemia, gastro-intestinal symptoms or skin conditions or take any medication?

**Advice:**

* Traumatic ulcers are usually sore but resolve in a week or two
* Other causes include anaemia, gastro-intestinal disorders, iron and vitamin deficiencies, immune conditions, dermatoses, stress and medication
* Oral hygiene advice – brush twice a day, salt water/chlorhexidine mouthwash different time to brushing
* Local pain relief using mouthwashes or topical gels – Paracetamol/Ibuprofen, benydamine hydrochloride mouthwash or topical anaesthetic gels
* Good oral hygiene
* If due to rubbing dentures – try Fixodent to secure loose dentures. Any sharp or rough edges can be adjusted at home using an emery board. Leave dentures out if too sore to wear
* Avoid precipitating factors e.g. spicy food
* Avoid smoking.

**Alert**

* Any non-healing and non-painful ulcer present for two weeks – contact you dental surgery