APHTHOUS ULCER (CANKER SORE) MANAGEMENT:

Aphthous ulcers are an autoimmune condition with poorly understood triggering causes.

The oral lesions occur exclusively on unattached mucosa such as the cheek, floor of the mouth, etc. In contrast, secondary herpes simplex lesions occur only on attached mucosa.

PREVENTION:

• Avoid triggering foods – nuts, chocolate, acidic fruits
• Avoid trauma – toothbrush trauma, cheek biting, etc.
• Avoid stress
• Avoid sodium lauryl sulfate – a soap found in most toothpaste and mouthwashes. Consider use of Biotene toothpaste or Rembrandt if you suffer from canker sores.
• Consider an antimicrobial mouthrinse – Chlorhexidine or Listerine.

PAIN RELIEF:

Products which coat the lesion or numb it or both:

• Orabase B, Zilactin B, Kanka – Coat and numb lesion
• Orabase Soothe-n-Seal, Liquid Carafate, Benadryl/Kaopectate – Coat lesion only

PHARMACOLOGICAL TREATMENT:

Corticosteroids to reverse the autoimmune process (Rx. Products)

• Kenalog in Orabase (often not potent enough)
• Lidex ointment
• Temovate ointment
• Dexamethasone elixir

CAUTERIZING TREATMENT:

• Debacterol, Ora 5