

Ulcers

Although painful, most ulcers will heal within 7-10 days. Non-healing ulcers/oral lesions present for more than 3 weeks should be assessed by a dentist or doctor.

Warm salty mouthwash

Excellent cleaning (even if it is painful to brush, the mouth must be kept clean to encourage healing and prevent more ulcers forming. Be gentle and use a soft/baby toothbrush).

Difflam (Benzydamine) spray or mouthwash as needed.

Soft diet (soft food will reduce trauma from biting)

Painkillers (ibuprofen or paracetamol following packet instructions)

Rubbing Dentures (Denture adhesives like fixodent may help secure a loose denture. Any sharp edges can be removed using an emery board. Remove dentures when possible if causing trauma.)

Corsodyl mouthwash (avoid use for over 1 week as may cause staining)

