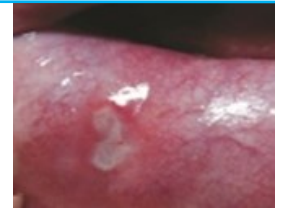




ASK

- How long has the ulcer been present?
 - ⇒ Eating sharp food
 - ⇒ Broken or sharp tooth
 - ⇒ Broken appliance (denture or orthodontic)
- Ascertain if an ulcer has been persistent for more than 2 weeks - **See Alert**
- Do you suffer with mouth ulcers regularly?
- Have you traumatised the skin or gum in the mouth by the following?
 - ⇒ Biting or burning yourself
- What provokes and relieves the symptoms?
- Do you have anaemia, gastro-intestinal symptoms, skin conditions or take any medication?



ADVICE

- Reassure - ulcers caused by trauma are usually sore, but will 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 - tooth brushing twice a day using mouthwashes (e.g. Chlorhexidine)
- Local pain relief using mouthwashes or topical gels e.g., Benzylamine Hydrochloride or topical anaesthetic gels
- Avoid precipitating factors e.g., spicy foods
- Avoid smoking
- Removing ulcer-causing dentures may provide short-term relief



FOLLOW UP

- Recurrent mouth ulcers require dental assessment for possible referral to specialist
- Broken/sharp teeth require dental assessment and treatment
- Patients with systemic symptoms or regular mouth ulcers should be directed to their GP for further investigation
- If able, ill-fitting dentures should be re-worn before visiting a dentist to allow them to see the exact location and reason for the sore area
- **ANY non-healing ulcer present for 2 weeks or more, that has no obvious repeat trauma to the area requires URGENT Dental Assessment - See Alert**



ALERT

- If the patient feels unwell or unable to eat or drink, they should seek medical or dental attention
- ANY non-healing ulcer present for 2 weeks or more requires URGENT Dental Assessment to exclude oral cancer



PHARMACY PRODUCT

- Topical anaesthetic mouthwashes e.g., Benzylamine Hydrochloride
- Topical anaesthetic gels
- Chlorhexidine mouthwash
- Paracetamol, ibuprofen (if required for pain relief)

PHARMACY DENTAL FACT SHEET