

## Treating Mouth Ulcers

Mouth ulcers can be painful. The goal of treatment is to alleviate the pain and discomfort. There are several things you can do once you have developed mouth ulcers.

Avoid spicy or salty foods

Avoid citrus foods

Avoid using a hard tooth brush

Avoid eating hard food or food with sharp edges

Cold drinks can help numb the mouth and ease the pain especially prior to eating

Topical numbing medications that contain anesthetics, pain reliever and anti-inflammatory substances may be applied several times daily. Such as,

- o [Baby Anbesol](#) Gel
- o Baby [Orajel Teething](#) Pain Medicine

Avoid using mouthwashes and toothpaste with alcohol. [Biotene](#), Crest Pro Health and Sensodyne haves no alcohol.

Drink plenty of liquids and keep up your nutritional status

Eat a soft diet as to not further injury the ulcer(s).

Swish 3-5 times daily with warm water and baking soda or a 4-1 solution of warm water and Hydrogen Peroxide.

Check with your physician for oral medications that can aid in pain reduction.

If you are prone to developing mouth ulcers, it is important to be seen by your physician and discuss your plan of care.