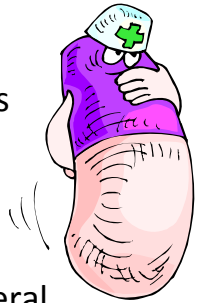


Canker Sores

What is it?



- **Canker Sores**- open sores that form inside the mouth, painful, small, round white spot with a red border, usually forms on soft, loose tissue
- **Causes**- injury to the inside of the mouth, certain foods or beverages, stress, infection, genetic tendency to get canker sores, female hormones
- **Usually Heal**- 7 to 10 days, do not leave scars



Signs and Symptoms:

- **Pain**- worse if the tongue rubs the sore, fever, swollen neck glands, general run-down feeling

Facts:

- **Prevention**- Chew slowly, carefully; use a soft-bristle toothbrush brushing gently and thoroughly;
- **Canker Sores**- resemble herpes simplex virus

What can I do?

- **See your Health Care Provider**- use a canker sore medication to protect the sore, speed healing and ease the pain; if a recurrence or is painful; if white spots in the mouth and are not improving after 1 week
- **Rinse Mouth**- antacid (Mylanta or Maalox), baking soda and water may relieve the pain
- **See RD for help as needed**- add buttermilk, yogurt, may use a mouth rinse, lidocaine, carboxymethylcellulose, tetracycline mouthwash, corticosteroid ointment or with severe episodes use prednisone tablets or dexamethasone mouth rinse
- **See FFF RD on line for help**
- **AVOID**- chewing on toothpicks, plastic straws, plastic utensils and other objects; smoking and tobacco products, caffeine, alcohol, spicy foods, salty foods, citrus foods (any fruits with sections-orange, grapefruits, lemons, limes, etc...), tomato based products when you have open sores in the mouth

