

Patient Name: ishu

Age: 21

Gender: Female

Condition: mouth ulcer

Medical History: None

Current Medications: None

Allergies: None

Treatment Plan:

Mouth ulcers, also known as canker sores, are common and usually harm

1. Medications: Over-the-counter pain relievers like ibupro

fen or acetaminophen can help manage discomfort. For severe cases, a

prescription-strength topical gel containing fluocinonide (0.05

percent) may be recommended by a healthcare provider.

2. Lifestyle changes: Avoid

spicy, acidic, or hard foods that can irritate the ulcer. Maint

good oral hygiene by gently brushing your teeth twice a day and

rin

sing with a mild saltwater solution.

3. Follow-up: No specific tests are

required unless the ulcer persists for more than three weeks or

if

there are multiple ul

cers. In such cases, consult a healthcare provider for further

evaluation.

4.

Diet: Consume soft, nutritious foods like yogurt, cooked vegetables, and soups. Avoid citrus fruits, chips, and other sharp or crunchy foods that can aggravate the ulcer.

5. Well