

# **Mouth Ulcer**

## **Symptoms:**

Common symptoms of mouth ulcer include:

- one or more painful sores on part of the skin lining the mouth
- swollen skin around the sores
- problems with chewing or tooth brushing
- irritation of the sores by salty, spicy or sour foods
- loss of appetite.

## **Treating Mouth Ulcer:**

Examples of possible treatments for mouth ulcer include:

- Use an alcohol-free medicated mouthwash containing chlorhexidine gluconate.
- Using over-the-counter benzocaine (topical anesthetic) products like Orajel or Anbesol
- Use a topical steroid mouthwash or ointment
- Take pain-relieving medication, such as paracetamol.
- Apply antiseptic gel to the ulcers.

## **Home remedies:**

- Drink plenty of fluids
- using a rinse of saltwater and baking soda
- covering mouth ulcers with baking soda paste
- applying ice to canker sores
- placing damp tea bags on your mouth ulcer

- Regularly rinse your mouth out with warm, slightly salted water
- taking nutritional supplements like folic acid, vitamin B-6, vitamin B-12, and zinc
- trying natural remedies such as chamomile tea, echinacea, myrrh, and licorice root