

# Ulcers

Although painful, most ulcers will heal within 7-10 days. Non-healing ulcers/oral lesions present for more than 3 weeks should be assessed by a dentist or doctor.

## Warm salty mouthwash

**Excellent cleaning** (even if it is painful to brush, the mouth must be kept clean to encourage healing and prevent more ulcers forming. Be gentle and use a soft/baby toothbrush).

**Difflam (Benzydamine) spray or mouthwash** as needed.



**Soft diet** (soft food will reduce trauma from biting)

**Painkillers** (ibuprofen or paracetamol following packet instructions)

**Rubbing Dentures** (Denture adhesives like fixodent may help secure a loose denture. Any sharp edges can be removed using an emery board. Remove dentures when possible if causing trauma.)

**Corsodyl mouthwash** (avoid use for over 1 week as may cause staining)

