

## **MOUTH ULCERS**

### TO HELP PREVENT OCCURRENCE:

*Eliminate:* mouthwashes, harsh toothpastes (use a children's toothpaste), nuts, chocolate, tomato products, and acidic fruits.

### OVER-THE-COUNTER MEDICATIONS:

Zilactin-B or Orabase-B (apply per package instructions) Can be purchased at most pharmacies

### PRESCRIPTION TREATMENT:

A very effective treatment for painful current ulcers is *doctor-applied Debacterol*. There is a one-time application of this medication to the ulcer and in most cases the ulcer will be healed in about three days. The medication stings quite a bit when applied and may not be appropriate for young children. This treatment is by far the best treatment to eliminate the pain and promote rapid healing of mouth ulcer(s).

*Magic mouth rinse* is a prescription mouth rinse that is used for pain relief when multiple ulcers are present. You swish it around in your mouth for 60 seconds and it produces a numbing effect on the entire inside of your mouth. The effect is only temporary and it does not promote faster healing of the ulcers.

Prescription ointments are available to reduce the inflammation and pain associated with ulcers but again do not necessarily speed the healing process.