### Mouth Ulcers

**Symptoms**
- One or more shallow, painful sores with a cream or white coloured coating and reddish border.
- Present on mucosa and at the base of gums.
- Occasionally accompanied by fever, listlessness and swollen lymph nodes.

**Mouth Ulcer**

**Advise on Self-Care**
- Use a softer toothbrush
- Avoid spicy, salty and acidic foods
- Avoid dehydration by drinking adequate fluids

**Mouth ulcer lasting more than three weeks**
- Patient is pregnant
- First occurrence in patients over 30 years
- Red, white/red & white patches, particularly if painful, swollen or bleeding
- Patient is a heavy smoker or drinker, >45 years and male

**Refer to GP**

### Inflammation of the Mouth

**Symptoms**
- Red and swollen gums
- Bleeding gums after brushing/flossing
- Bad taste in mouth
- Loosening of teeth
- Gum abscesses (collections of pus that develop under gums or teeth)

**Treatment Options**

Only treat if presence of mouth ulcer confirmed by pharmacist

**Adults & Children over 12 years:**
- Hydrocortisone Pellets 2.5mg (Generic)
  - One dissolved in contact with ulcer four times daily for single ulcer
- Chlorhexidine mouthwash
  - Rinse with 10mls twice daily for 1 minute each time for several ulcers

### Inflammation of the Mouth and Gum Disease

**Symptoms of gum disease:**
- Bleeding gums, red and swollen gums

**Refer to Dentist**

**Symptoms of periodontitis:**
- Bad taste in the mouth
- Loose teeth that can make eating difficult
- Gum abscesses (collections of pus that develop under gums or teeth)

**Advise on good oral hygiene**
- Brush teeth twice daily for two minutes using a powered toothbrush
- Use dental floss/interdental brushes three times weekly
- Advise on smoking cessation

**NB** No treatment option is available on Formulary

**Refer to Dentist**
<table>
<thead>
<tr>
<th>Minor Ailment Condition</th>
<th>When to Refer</th>
<th>Advice for Self-Care</th>
<th>Minor Ailment Condition</th>
<th>When to Refer</th>
<th>Advice for Self-Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>MOUTH ULCERS and TREATMENT</td>
<td>Lesions have been present for more than 3 weeks</td>
<td>Rinse mouth with warm salt water</td>
<td>The accumulation of dental plaque may cause inflammation of the gums causing gingivitis. Gingivitis may progress to periodontitis, where continuing inflammation results in separation of the gum from the tooth and loosening and loss of teeth. Patients should be referred to a dentist urgently when gums are inflamed. Patient should attend a dentist or hygienist regularly for review.</td>
<td>Urgent</td>
<td>Unexplained red and white patches of the oral mucosa that are painful, swollen or bleeding</td>
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<tr>
<td></td>
<td>Patient is heavy smoker or drinker, over 45 years and male</td>
<td>If smoker, advise smoking cessation</td>
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<tr>
<td></td>
<td>First occurrence of mouth ulceration in patient over 30 years of age is usually associated with systemic condition</td>
<td>Use softer toothbrush</td>
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<td></td>
<td>Suspected adverse reaction to prescription medication</td>
<td>Avoid additional mouth trauma with dental appliances</td>
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<td>Vitamin deficiency or iron deficiency is suspected (eg from a malabsorption condition)</td>
<td>Avoid spicy and acidic foods and beverages that may irritate and increase pain.</td>
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<tr>
<td></td>
<td>Unable to confirm patient diagnosis and more serious condition is suspected</td>
<td>Avoid use of toothpaste containing sodium lauryl sulphate</td>
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<td></td>
<td>Patient under 12 years</td>
<td>Avoid dehydration by drinking adequate fluids</td>
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<tr>
<td></td>
<td>Patient is diabetic</td>
<td>The accumulation of dental plaque may cause inflammation of the gums causing gingivitis. Gingivitis may progress to periodontitis, where continuing inflammation results in separation of the gum from the tooth and loosening and loss of teeth. Patients should be referred to a dentist urgently when gums are inflamed. Patient should attend a dentist or hygienist regularly for review.</td>
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