

DESCRIPTION

A common and painful, condition that affects the lining of the mouth. It may involve the cheeks, gums, lips, tongue, roof, and floor. Stomatitis may be a sign of a more serious, underlying disorder.

FREQUENT SIGNS AND SYMPTOMS

- Inflammation (redness, swelling, and soreness) of the mouth.
- Bad breath.
- Mouth sores that are shallow, usually red, and may have a white coating over them.

CAUSES

The two main types of stomatitis are acute herpetic stomatitis and aphthous stomatitis (canker sore), which is the most common. Several factors may contribute to the onset of stomatitis, including vitamin deficiency, viral infection, injury and food or drug reactions.

EXPECTED OUTCOMES

- Usually heals in 1 or 2 weeks with symptomatic treatment although treatment times may be longer depending on the condition.
- May require treatment of an underlying disorder(s).

DIET

- Avoid any foods that cause an allergic reaction.
- Drink plenty of fluids.
- Avoid spicy and acidic foods and foods that are hard, sharp, or dry (such as potato chips, tacos, or peanuts).

GENERAL MEASURES

- Avoid mouthwash or toothpaste that may be a cause.
- Have your dental care provider correct problems with jagged or sharp teeth, or ill-fitting dentures.
- Careful oral hygiene is important. Use a soft-bristled toothbrush. Brush teeth and gums gently.
- Quit smoking. Find a way that works for you.

MEDICATIONS

Prescription medications will vary according to the condition being treated and may include:

- Mouth rinses or oral lozenges or sprays may be prescribed.
- Nonprescription medications for canker sores that are applied to the sores may help some people.
- Infections may be treated with antibiotics.

Your doctor also recommends the following over-the-counter medications. These medications may offer significant symptom relief:

- For fever or pain use acetaminophen or ibuprofen.
- Unless your doctor tells you differently, always finish the full course of your antibiotic prescription, even if you start to feel better.
- Antibiotics may interfere with the effectiveness of birth control pills. Use an alternative method of contraception for the remainder of the month after finishing your antibiotic prescription.

SEEK MEDICAL ATTENTION IF

- Sores persist, recur or interfere with eating or drinking.
- You develop joint pain.
- You notice genital lesions or pain with urination.
- You experience vomiting or diarrhea.
- You develop ocular symptoms.
- You develop a fever or other signs of infections.