

# Aphthous Ulcers

- A small red swelling, typically on the inside of the lips, cheeks, tongue, floor of the mouth or soft palate, which eventually breaks down into a white, yellow or grey ulcer.
- Anyone can get ulcers.
- Causes include trauma, hormone changes, stress, diet, Sodium Lauryl Sulphate (found in many toothpastes), dietary deficiencies in Vitamin B12, Folate, Iron and Zinc.
- What is Sodium Lauryl Sulphate? It is a strong denaturant which may expose the epithelium or lining of the mouth soft tissues of susceptible patients to irritating agents or allergens. It is used by manufactures to help emulsify ingredients and give the user a perception of better cleaning.
- Treatment for Aphthous Ulcers - includes the use of topical antibacterial agents, anaesthetic gels e.g. Diftlam gel, applied 20 minutes before meals. Orabase gel can be applied between meals to form a protective and soothing coagulant over the ulcer.
- Ulcers, unless caused by trauma or systemic reasons, typically last 2 weeks. If the ulcer lasts longer than this see a dentist to ensure against more serious causative factors.

**Please do not hesitate to contact staff with any enquiries**