

Burning Mouth Syndrome (Oral Dysaesthesia)

- Is a burning pain in the tongue or other oral mucous membranes lasting at least four to six months, for which no medical or dental cause can be found.
- The pain may be confined to the tongue (Glossodynia) with associated symptoms including dryness of the mouth, paresthesia and altered taste.
- The cause is unknown, however there are many related and overlapping conditions which appear to contribute or exacerbate oral burning sensations.

Causative factors:

May include dry mouth, GORD, medications, psychological conditions, anxiety, stress, depression, spicy foods, alcohol, oral infections, endocrine disorders, auto immune disease or changes in tongue papillae due to disease.

Treatment:

Clonazepam (1mg/5ml) and Benzodiazepine medication used topically or in low doses daily has been reported to provide some relief from BMS.

Patients may be frequently distressed by their unremitting symptoms. A close examination of the many factors associated with the “ chicken and egg” dilemma that is BMS.

Please do not hesitate to contact staff with any enquiries