Canker Sores

Canker sores are painful open sores on the inside of the mouth and cheek. There are many causes of canker sores. Some causes are virus infection, colds, stress and injuries to the inside of the mouth. The sores usually heal in 1-2 weeks. Canker sores are less painful if you avoid foods that cause problems. Use a soft-bristle tooth brush. Chew your food carefully to avoid biting your cheek.

Avoid citrus juices, spicy or salty foods, and coffee until the sores are healing. These can increase the irritation and pain. Topical medicine such as Orabase may also be applied to help relieve pain. A thin paste of baking soda and water applied to the sore can also be used. Call your caregiver if your symptoms are not better in one week, or if the sores are very painful, or reappear frequently.

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