



CANKER SORES

Causes & Treatments

Handout (H-36) 01/03/2007

This recurrent problem is complex and has no easy answer regarding cause and treatment. You may need to try a variety of treatments to find one that helps. Lesions may affect cheeks, soft palate, tongue, and floor of mouth but not gingival or hard palate.

Minor – Duration 7- 14 days with no scarring.

Major – Duration weeks to months with possible scarring.

Herpetiform – Duration 7 - 14 days with no scarring. Affects soft palate and throat more frequently.

POSSIBLE CAUSES:

1) **Nutritional Deficiencies:**

Vitamins B1, B2, B6, B12, Folate, Iron, Vitamin C.

May be determined with a blood test.

2) **Most Common Food Sensitivities:**

Cinnamom aldehyde – common flavoring.

Gluten – Wheat products.

Benzoic Acid – Food preservative.

3) **Gastrointestinal Conditions:**

Chrohn's Disease - Chronic bowel inflammation of unknown origin.

Celiac Disease - Hypersensitivity to gluten (wheat products).

Ulcerative Colitis.

4) **Drug-Related:**

NSAIDS-Ibuprofen, Celebrex, Feldene, Ladine, Naprosyn, Relafen, Vioxx

Beta Blockers - Inderal, Nadolol, etc.

Chemotherapeutics.

Nicorandil-Potassium-channel activator (angina).



TREATMENT:

- 1) **Sodium Laryl Sulfate (SLS)**, an ionic detergent found in many types of toothpaste may cause ulceration – SLS-free toothpastes are:

Rembrandt Toothpaste for Canker Sore Prevention
Oral Defense
Biotene

- 2) **Home Remedies (Mechanical/Chemical)**

- A) Remove surface of ulcer with cotton tip applicator and apply small drop of “super glue.” Repeat as necessary until soreness is gone.
- B) Cauterize Ulcer.
 - 1) **Debacterol** (Northern Research Laboratories-Minneapolis, MN (651) 603-1463). Apply directly to lesion 3 - 4 times daily until soreness is gone.
 - 2) **Baking Soda** - applied directly to lesion 3 - 4 times daily until soreness is gone.
- C) Listerine - rinse twice daily until soreness is gone.

- 3) **Topical Agents** (prescription only) - apply to ulcer

- A) “Apthasol”- Amlexanox 5 gm/ 5% Topical Cream apply 4 times daily to lesion until symptoms are gone.
- B) Tramcinolone 5gm/ .1% oral- apply 4 times daily to lesion until symptoms are gone.
- C) “Decadron”- Dexamethosone Elixir (100cc) - .5 mg/5cc rinse 4 times daily until symptoms are gone.

- 4) **Systemic Medications** (prescriptions only for severe major RAS)

- A) “Prelone”- Prednisolone Syrup /5cc 120 cc bottle - rinse and swallow 1 - 4 times daily until symptoms are gone.