

A Mouth Ulcer is a minor condition that can be treated without the need for a GP consultation or prescription and should clear up on their own within a week or two. It can easily be treated with simple over the counter (OTC) medication. Speak to your pharmacist about how they can support you manage the condition.

What can I do to help?

- Use a soft bristled toothbrush
- Drink through a straw
- Avoid very hot or acidic drinks
- Avoid rough / crunchy foods such as toast or crisps
- Avoid spicy or acidic foods
- Eat a healthy, balanced diet
- Ensure good oral hygiene – get regular dental check ups

When should you seek medical attention?

If mouth ulcers:

- last longer than 3 weeks
- keep coming back
- become more painful and red – this may be a sign of an infection

