

Rationale

- Mouth ulcers are a minor condition that can be treated without the need for a GP consultation or prescription. They can easily be treated with simple over the counter medication and usually resolve within a week or two. If ulcers are infrequent, mild, and not interfering with daily activities (for example eating), treatment may not be needed.

Recommendations for clinicians

- Provide the patient with a 'non-prescription' sheet or a patient information leaflet to promote education about self-limiting conditions suitable for self-care when appropriate.
- ❖ Advise patients of safe and effective self-care measures.
 - Use a soft-bristled toothbrush
 - Drink cool drinks through a straw and avoid very hot drinks or acidic drinks like fruit juice
 - Eat softer foods and avoid : chewing gum, rough crunchy food such as crisps and toast and very spicy or acidic food
 - Get regular dental checks
 - Eat a healthy, balanced diet
- ❖ Patients should seek dental or medical attention if
 - Symptoms last for more than 3 weeks
 - Mouth ulcers keep coming back
 - Becomes more painful and red as may be a sign of infection

Example of products available to buy over the counter*	Antimicrobial mouthwash	Corsodyl® – Not licensed for children under 12 (£3.00-£5.00 for 250ml) Oraldene® antibacterial mouthwash - Not licensed for children under 6 (~£5.00 for 200ml)
	Local anaesthetic /anti-inflammatory	Iglu® rapid relief gel – Not licensed for children under the age of 12 (~£6.00 for 8g) Oragel® mouth gel - Not licensed for children under 12 (£4.00-£5.00 for 5.3g) Bonjela Junior® oral gel – Not licensed for children under 3 months (~£3.59 for 15g)

For further information see Self-care forum <http://www.selfcareforum.org/>, NHS UK <https://www.nhs.uk/conditions/>, Patient UK <https://patient.info/>

*Prices correct at time of writing and are subject to change

