

SHARROW
Dental Care

ADVENT
Dental Practice

SPRINGFIELD
Dental Practice

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SCAN ME

HOW TO TREAT AN ULCER AT HOME

Most mouth ulcers should heal within 1-2 weeks.

If your ulcers are recurring or not healing, please contact your doctor/ dentist for an assessment and appropriate treatment.

Cleaning

- » Brush your teeth 2-3x a day to maintain optimal oral hygiene. If the area you are brushing is sore, consider using a softer toothbrush.
- » Use floss/ interdental brushes once a day.
- » Warm salt water rinses after every meal.



Lifestyle

- » Soft foods to reduce any trauma from biting.
- » Avoid spicy & sour foods until the ulcer heals.
- » Remain hydrated with 2-3 litres of water throughout the day.
- » Avoid smoking & drinking as these can aggravate the ulcer.

Pain Relief

- » Use of appropriate painkillers - 1000mg paracetamol and/or 400 to 600mg ibuprofen 3-4x a day. See advice sheet on 'pain relief for toothache' for more information.
- » Difflam spray/ mouthwash can help ease the pain. These are available over the counter at your pharmacy.
- » Avoid clove oil/ bonjela.

Sharp Tooth or Denture

- » Sharp edges can cause and prevent ulcers from healing. A temporary filling from the pharmacy or nail file/ sandpaper can be use to smoothen the surface. If you are concerned about using the above please contact your dentist first.

