

# Mouth ulcers

Mouth ulcers are common and can be very painful but most clear up on their own within a 1-2 weeks.

**If your mouth ulcer lasts longer than three weeks call your dental practice by telephone. If you don't have a regular dentist call 111 or NHS Direct Wales on 0845 46 47.**

Mouth ulcers need time to heal and there's no quick fix but you can help reduce discomfort and speed up healing by:

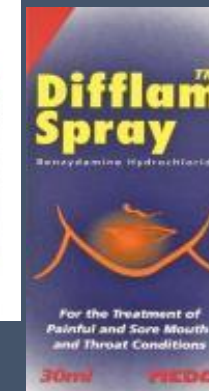
- Rinsing with warm, salty water several times a day
- Using a softer toothbrush
- Eating a healthy, balanced diet
- Avoiding foods that irritate ulcers e.g. spicy, salty, acidic or rough/crunchy food

Pharmacists can recommend treatments including:

- Antimicrobial or painkilling mouthwashes, gels, sprays or lozenges
- Toothpaste that doesn't contain 'sodium lauryl sulphate (SLS)'

If an ulcer is caused by a sharp, broken tooth or your dentures rubbing:

- Try a 'temporary filling kit,' available at supermarkets and pharmacies
- Leave your denture out as much as possible until the ulcer heals
- Try denture fixative to secure the denture and smooth sharp edges with sand paper or a nail file



**Remember:**  
**If an ulcer lasts more than 3 weeks, you should have this checked by a dentist.**