**Chronic Mouth Ulcers**

**General**

Prevalence is said to be 2-10%

Triggers can be stress and Vitamin deficiencies (iron, B12, folate)

There can be associations with Coeliac disease, IBD, Behcets

In general avoid hard acidic and salty foods

**Management Options**

I generally recommend starting with a combination of;-

a) Chlohexidine (Corsadyl spray or mouthwash) 2mg/1ml bd

b) Benzydamine Hydrochloride (Difflam spray or mouthwash) 1.5mg /ml

+/-

c) Hydrocortisone 2.5mg muco-adhesive buccal tablet

Alternatives include;-

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| Options | Therapies |
| Step 1 | Sucralfate 5mls liquid qds  5-ASA (amino-salicylicylic acid) 5% cream tis |
| Step 2 | Dexamethasone 0.1% oral paste ads  Triamcinolone acetone 0.1% oral paste tis |
| Step 3 | Sucralfate 1g liquid qds  Colchicine 0.5 - 1 mg bd |
| Step 4 | Pentoxifylline 200mg bd  Prednisolone 10 - 30mg od |

Deutsches Arzteblatt International. 2014;111:665-73