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**APHTHOUS ULCERS
(CANKER SORES) MANAGEMENT**

Aphthous is an autoimmune disease with poorly understood triggering causes. The lesions occur exclusively on unattached (cheek, floor of mouth, etc.) mucosa.

- Prevention:** Avoid triggering foods:
Nuts, chocolate, acidic fruits.
Avoid Trauma:
Toothbrush trauma, cheek bite, etc.
Avoid Sodium Lauryl Sulfate:
(A soap found in most toothpaste and mouth washes) Consider **Biotene** toothpaste or **Rembrandt for canker sore sufferers**.
Consider an Antimicrobial mouthrinse;
Chlorhexidine or Prohealth..
- Relief:** Products which coat the lesion or numb it or both.
Examples:
Orabase B
Zilactin B
Kanka
Liquid Carafate
Ora 5
Benadryl/Kaopectate
Aphthasol