Mouth ulcers

Disclaimer:
Read the disclaimer at medimaps.co.uk/disclaimer

References:
1. Oral Medicine in General Practice, Dr Timothy Poate, consultant oral medicine. Feb 2017.

Recurrent ulceration

Apthous ulcers

Symptoms

- Symptoms

Investigations

- FBC.
- Ferritin.
- B12.
- Folic acid.
- Coeliac screen.

Management

- Sodium Lauryl Sulphate free toothpaste.
- Corsodyl mouthwash.
- Difflam.
- Lidocaine/xylocain gels.

- Sonsodyne.

if fails

- Topical steroids.
  - Add betamethasone 500mcg tablet to 10ml of water.
  - Hold in mouth for 3 min.
  - Spit out.
  - Can use this few times a day while ulcer present.
  - Note: Can use once a day as prophylactic.

alternatives

- Can use prednisolone 5mg tablets as above, but more expensive.
OR
- If cant use mouthwash, can use fluticasone/beclomethasone nose spray or inhaler directly onto the ulcer (if easily reached i.e. front of mouth).

- Systemic medication.
  - Colchicine.
  - Prednisolone.
  - Azathioprine.

Behcet's disease

- Recurrent ulceration
AND
- Two of the following:
- Genital ulceration.
- Eye lesions. → Uveitis.
- Skin lesions. → Acne like lesions. / Erythema nodosum.

Solitary persistent ulcer

- Trauma.

- Rubbing against sharp tooth.
- Poorly fitting denture.
- Chemical burn from aspirin.
- Nicorandil.
- Vigorously brushing teeth.

- Remove any suspected trauma.
- Corsodyl.
- Difflam.

- Malignancy.

Symptoms

- Rapidly growing.
- Indurated.
- Raised rolled border.
- Non-healing base.
- Cervical lymphadenopathy.

risk factors

- Male.
- Smoking.
- Alcohol excess.
- Pre-existing precancerous lesions. → Leukoplakia (lowest risk of malignancy). / Erythroplakia (highest risk of malignancy). / Erythroleukoplakia.
- Co-morbidities. → Immunosupression. / Oral submucous fibrosis. / Lichen planus. / Discoid lupus. / Actinic cheilitis. / Chronic hyperplastic candidasis.
- Site of lesion. → Lateral border. / Floor of mouth. / Lip.

- Refer via 2ww.

- Immunosupression.
- Oral submucous fibrosis. → Firmer feeling to mucosa due to fibrosis. / Causes marble like effect.
- Lichen planus.
- Discoid lupus.
- Actinic cheilitis.
- Chronic hyperplastic candidasis. → White plaque just inside corner of mouth, usually in smokers.

- Smoking cessation.
- Oral antifungal.

- TB.
- Syphilis.