



Aphthous Ulcers

Aphthous ulcers are recurrent, painful and superficial oral ulcers that last about 8-14 days.

It is thought that cinnamon, fish, fruit allergies or benzoic acid found in preservatives may trigger these ulcers. Dental products that contain sodium lauryl sulfate, pyrophosphates and alcohol have been associated with the development of these ulcers. Other causes may include trauma, hereditary, allergies, hormonal or vitamin issues (decreases folate and B12).

Listed below are coating agents that may be helpful to relieve pain from ulcers.

Over the counter:

- Zilactin B medicated gel
- Orabase B oral paste or gel
- Orabase Sooth-N-Seal Protective Barrier

For young children – Tanac No Sting Liquid (contains no alcohol).

Toothpaste not containing sodium lauryl sulfate and pyrophosphate:

- Biotene
- Sensodyne Cool Gel and Original
- Rembrandt Whitening

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