

GLOSSODYNIA / STOMATITIS

(Sore Mouth)

There are multiple causes for “sore mouth” including chemical irritations, infections, vitamin deficiencies, allergic reactions, etc. The following measures can often help alleviate the discomfort:

- No acidic juices
- No chemicals (tooth paste, mouth rinses) in your mouth. Brush your teeth with water and baking soda.
- If you wear dentures, remove them at night. Limit denture wearing as much as possible. Do not cleanse them with denture cleansers: this may cause chemical irritation of the lining of your mouth.
- Take a multi-vitamin, which contains riboflavin and niacin.
- Rinse your mouth 3-4 times a day with:
 - Plain Milk of Magnesia – 2 tablespoons added to 8-10 ounces of warm water. DO NOT SWALLOW this solution. Swish it around your mouth then spit it out. Use the whole 8-10 ounces 3-4 times daily.
- Increase your fluid intake. Keep a glass of water near your bed and take sips each time you wake at night.
- Such on hard rock candy to stimulate the flow of saliva in your mouth.

If the discomfort does not resolve with the above measures, or resolves then reoccurs it is very important that you return for further evaluation to rule out other possible causes.