

## **Aphthous Ulcers (a.k.a. Canker Sores)**

Many people suffer from mouth ulcers. Some have an occasional flare up, while others seem to always have an active ulcer. The cause of canker sores is unknown, but we do know that there are several triggers. Stress, trauma, and acidic foods or drinks are common causes of ulcers.

The following is a synopsis of our typical treatment regimen for patients who suffer from aphthous ulcers:

1. Avoid toothpastes that contain Sodium Lauryl Sulfate (SLS). SLS is a detergent found in many products. Almost all toothpastes contain SLS. The two that are most readily available and do not contain SLS are Biotene and Rembrandt Classic Canker Sore. A health food store will often have a wider selection of SLS-free toothpastes.
2. L-lysine is a naturally occurring amino acid that has been shown to reduce the outbreak of sores in the mouth. You can take one 500 mg capsule daily for prevention or take one 500 mg capsule three times for 3-5 days during an episode of ulcers.
3. Many foods and drinks that are acidic (i.e. soft drinks, citrus food/drinks, salsa and other tomato products, etc.) can stimulate an outbreak of ulcers.
4. While a painful ulcer is present, you may use topical medications like Zylactin, Anbesol, or Orajel to temporarily numb the area. This is particularly helpful prior to meals to make eating more comfortable.
5. There is a prescription medication specifically for ulcers called Aphthasol. Some patients find that it slightly decreases the amount of time it takes for the ulcers to heal. Clinical studies show mixed results with its efficiency. Because it is not effective for all patients, we do not prescribe it routinely. Please let us know if you would like to try it and we would be happy to provide you with a prescription.

**After Hours Emergency Number**  
**817-689-3837**