



RECURRENT APHTHOUS STOMATITIS (ULCERS)

Recurrent aphthous stomatitis is a long name for painful ulcers in the mouth. Many agents can cause aphthous stomatitis and the ulcers that accompany it.

Here's a list of common causes of this condition:

- Sodium lauryl sulfate- a synthetic detergent compound that is a common ingredient in toothpastes.
- Cinnamon
- Chocolate
- Nuts
- Tomatoes

The best treatment for this is often stopping use of the irritant and utilizing a **mouthrinse**.

- Warm salt water
- Orajel antiseptic mouth rinse (also helps to numb)
- Prescription rinse from Dr. Byrd

Let us know if you have any questions about this common condition.