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Canker Sores

A canker sore (*aphthous ulcer*) is the most common type of non-traumatic ulceration that occurs in the mouth. Somewhere between 20% and 60% of people get them occasionally. Canker sores are painful and occur singly or several may appear at the same time.

Their cause is not known but some of the things that have been suggested to cause canker sores include auto-immune, bacterial and nutritional factors. Hormonal alterations, stress, trauma, and food allergies may trigger canker sores.

Canker sores most often are seen on the gums, on the inside of the cheeks, under the tongue, and on the palate. Minor aphthous ulcers generally last 7 to 10 days and then clear up. Recurrences vary from person to person. Periods between recurrences may range from weeks to years.

Usually no treatment is required. However, the following home care will help prevent secondary infections:

Mix 1 part 3% hydrogen peroxide with 3 parts water.

Alternatively, use salt water:

1 teaspoon of salt in 1 glass of warm water.

Rinse for 30 to 60 seconds,

3 to 4 times a day

(after meals and before you go to bed).

Low-fat ice cream and yogurt will be soothing. Avoid tart and spicy foods. Call the office at 905-889-2181 if you have significant pain, fever, or tender lymph nodes.