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Mouth Sores

Painful areas in the mouth or actual sores are temporary.

Self-Care Measures:

- Care should consist of mouth rinses four times daily with 1/4 teaspoon of baking soda or salt in a 8 oz. of water. Gargle with solution in the morning, after each meal, and at bedtime.
- Remove dentures during mouth rinses and before bedtime.
- Keep your lips moist with Chapstick® or ointments to prevent drying.
- Soft bland diet (rice, mashed potatoes, cream of wheat, bananas pudding, applesauce, oatmeal, jello, ice cream).

Things to Avoid:

- Commercial mouthwashes because most contain alcohol or hydrogen peroxide, which irritate or worsen sores
- Acidic, salty, course, spicy, or hot (temperature) foods
- Scratchy foods (toast, chips, pretzels)

Contact your physician or nurse if:

- Mouth sores persist after trying the self-care measures listed above.
- Eating or drinking becomes a problem
- You notice white patches in your mouth
- You develop a fever >100.5.