

Mouth Ulcers

Follow-up Advice	Conditional referral: <ul style="list-style-type: none">• If symptoms persist or ulcer(s) returns, consult GP• Consider referral to GP for babies/children with oral problems
Counselling Points	<ul style="list-style-type: none">• Good oral hygiene to avoid risk of secondary infection• Where possible manage precipitating factors: oral trauma, stress and anxiety, certain foods (crisps, spicy food, hot fluids, carbonated drinks), smoking• Use a softer toothbrush.• Advise patient to visit the dentist regularly• If recommending Chlorhexidine mouthwash, counsel and advise the patient about teeth staining and advise not use it for more than 1 month.