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General & Cosmetic Dentistry

Treatment for Oral Herpetic Sores and Canker Sores

The concoction contains equal amounts of diphenhydramine for analgesia...and an antacid to enhance coating of the sores in the mouth.

- Mix equal amounts:
 - Liquid Benadryl (children's) Allergy liquid (diphenhydramine 12.5mg/5ml)
 - Kaopectate or Maalox.

- Rinse, swish, and spit about two teaspoonful as often as four to six times a day or every six hours as needed. Rinse before and after meals, and before bed.

- The benefit of this remedy is two-fold: 1) it helps to protect your ulcers from irritation, 2) The Benadryl portion of the mixture acts as a numbing agent that helps to reduce the amount of pain the sore registers when irritated.

- Avoid chewing gum, citrus fruits, acidic vegetables and spicy foods which may irritate the inside of your mouth.

- Use a soft-bristled brush to brush your teeth before and after meals.

- If your condition is persistent, unusually large or particularly painful, or if the sores are spreading, please contact our office.

Superior care, one patient at a time.

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