

Treatment

Canker Sores

- Avoid abrasive foods—potato chips and pretzels—and acidic drinks such as lemonade or orange juice.
- Be careful not to irritate or further disturb the sore with utensils or toothbrush.
- Ask your dentist, physician or pharmacist to recommend a film-forming product that will coat the sore to provide pain relief and protection against injury.
- Recent studies suggest that the use of sodium lauryl sulfate-free toothpaste should be considered for recurrent canker sore sufferers.

Cold Sores

- Avoid excessive exposure to sunlight
- Keep the sore clean and bacteria-free. Refrain from pinching or touching and always wash hands after touching the sore.
- To prevent the spread of the virus, avoid kissing and sharing eating or drinking utensils during an outbreak.
- There are several medications available to treat cold sores. Some are used topically and others are taken orally. Discuss this with your doctor.

CU Healthy

HCS wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this

through our:

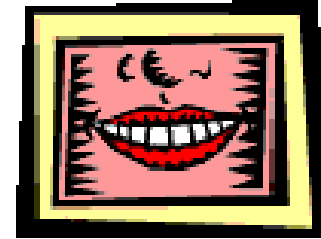
- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website (carleton.ca/health)
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or cu_healthy@carleton.ca.



2600 CTTC Building
613-520-6674
carleton.ca/health

Mouth Sores



613-520-6674
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What Are Canker Sores?

Canker sores are small, painful sores that erupt inside the mouth—on the cheek, tongue, floor of the mouth or gums. They range in size from pinhead to a pea, and may last between 8 to 10 days. Canker sores may be triggered by stress, small cuts, as well as hot food or drink. Unlike cold sores, canker sores occur exclusively inside the mouth and are not contagious. Regardless of the cause, once a canker sore is contracted, the probability of recurrence is high. In fact, 20% of the population suffer from recurring canker sores. Medicated products that form a bandage-like film will provide relief and a protective coating to insulate the sore from irritation or further injury.

What Are Cold Sores?

Cold sores, or fever blisters, are liquid-filled blisters that erupt around the lips, chin, or nose area. The chicken-pox-like herpes simplex I virus (different than the genital herpes simplex II virus) that causes cold sores remains in a person's body after the initial infection. Approximately 80% of the population carry the HSV-I infection.

For some people, the virus is inactive, but many suffer recurring outbreaks. Factors known to trigger cold sores include stress, fever and illness, prolonged sun exposure, fatigue and menstruation. Often, a tingling or burning sensation is felt one day before a cold sore erupts. Reddening and swelling precede the actual eruption of a painful fluid-filled sore. After a few days, the sore will seep fluid, crack, and begin to dry and form scabs.

Other Mouth Sores

Canker and cold sores are not the only mouth sores, simply the most widespread. Braces, loose dentures and sharp foods can also produce painful mouth sores. Hot, spicy or acidic foods and beverages often irritate these sores. For any mouth sores, cold sores or canker sores, over-the-counter medicated products providing a protective film will allow you to eat and drink pain-free while encouraging quicker healing.



Please consult your physician or dentist regarding any mouth sores that result in excessive or prolonged pain or irritation.

