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MOUTH SORENESS (STOMATITIS) MANAGEMENT

SYMPTOMS: Mouth pain, redness, or ulcers.

AVOID tobacco, alcohol, hot beverages, hard to chew or spicy or acidic foods: oranges, grapefruit, tomatoes.

Avoid mouthwash containing alcohol.

Brush your teeth upon arising in morning, after meals, and before bed. Use soft toothbrush and non-abrasive toothpaste, preferably a gel.

Apply lip balm to lips every few hours as needed.

Suck on ice chips, non-citrus fruit juice bars, ice cream, watermelon.

Rinse your mouth before and after eating and at bedtime and as needed throughout the day.

Make salt & baking soda mouth rinse fresh daily: ½ tsp salt and ½ tsp baking soda in 2 cups warm water.

Drink minimum 6 to 8 glasses (8 ounces each) of liquid daily if able. Sip continuously through the day.

Eat soft or pureed foods (such as milk shakes, baby food, mashed potatoes, cooked cereal, eggs, macaroni/cheese).

Moisten foods with butter, margarine, gravy, or sauce.

Drink Ensure, Boost, Carnation Instant Breakfast, Resource, or Breeze supplements.

Avoid dehydration – see “Dehydration management” instructions.

MEDICATION:

If mouth soreness is painful, you may need to request a prescription for:

 Magic Mouthwash 5 ml (1 teaspoon) swish & swallow every 3 hours as needed for mouth pain.

 Tylenol 650 mg every 4 hours as needed for pain. Stronger pain medication may be necessary.

 Intravenous fluids (IV) may be necessary.

 Discuss medications:

- ✓ May need to stop taking “water pills” (diuretics) until dehydration resolves.
- ✓ May need to adjust blood pressure medications until dehydration resolves.

 May need medication for Herpes ulcers or Thrush, which will be prescribed for you, if needed.

WHEN TO CALL:

Please call if you are concerned - on any day -at any time- about any issue!

Please call EARLY if you are not well, so that office visit and IV fluids may be scheduled if needed.

Lightheadedness, dizziness, or weakness.

Temperature above 100.4.

Inability to eat or drink.