

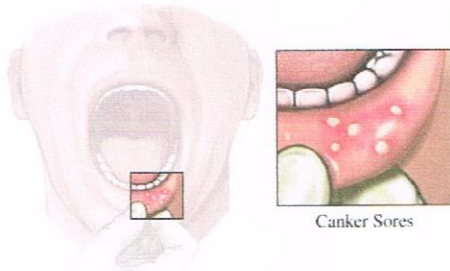
# All About Canker Sores

## What are Canker Sores?

A canker sore is a painful, open sore inside the mouth. Canker sores are white or yellow and surrounded by a bright red area. Canker sores usually appear on the inner surface of the cheeks, lips, tongue, soft palate, and the base of the gums. They should not be confused with Cold sores. Cold Sores are caused by a virus while the cause of the Canker Sore may be stress, poor dental hygiene, trauma, food allergies, and nutritional deficiencies.

## How can they be treated?

- There is no real treatment for Canker sore. They usually go away **within 7 to 10 days.**
- Using salt water as a rinse is a big help
- Rincinol may be prescribed by your dentist .



## Directions For Rincinol:

- With the dental sponges given, simply dip and rub the mouthwash around gum/ area where the canker sore is located.
- For best results, avoid eating or drinking for one hour.
- Rincinol is alcohol free and safe for kids
- Use as often as needed

## Foods to Avoid:

- Soda
- Avoid sweets and citrus fruits
- Eliminate chewing gum

## FACTS:

- Canker Sores are more likely to appear in women than men
- 20%-40% of the U.S. population have them at some point in their lives, and many people will have multiple episodes of them.
- They are not contagious
- The peak incidence occurs among people in adolescence and young adulthood. They become less frequent as we get older.