

**Facts about Canker Sores**

Unlike cold sores, canker sores are not viral, they occur inside the mouth and are not contagious. They usually last 1 to 2 weeks.

The primary triggers for an episode of canker sores are physical trauma, hormonal changes, stress, some nutritional deficiencies and food allergies.

Some ways to prevent canker sores is getting enough sleep, minimizing stress, eat right, be careful not to brush too hard, avoid hard crunchy foods, try to avoid biting your tongue or cheeks, and take time to relax.

If a canker sore does occur, there are now over the counter medications available to relieve the pain, such as Cankermelts. Also rinsing with warm salt water two to three times a day helps. Avoid any alcohol based mouth rinses and spicy or acidic foods during the outbreak.

If you have any questions, you can make an appointment, for your dentist, to check and make sure nothing is seriously wrong. Dr. Andrea Rice would be happy to see you. You can call her at 620-221-7737.