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***Mary Anne Checchio DDS***

**Care of Mouth with Ulcers**

To help with Discomfort:

**1. Avoid the following as they will burn the ulcers:**

- a. Spicy foods: spaghetti, pizza, tacos, ketchup, hot sauce
- b. Salty foods: potato chips, french fries
- c. Citrus and/or acidic foods: oranges, pineapple, orange juice
- d. Sugary foods: sour patch kids
- e. Salt water: refrain from rinsing with salt water
- f. Whitening tooth paste or rinse
- g. All types of mouth wash
- h. Gums/mints especially cinnamon gum

**2. Substitute with mild foods such as creamy milk products to sooth and relieve the area**

- a. Ice-cream
- b. Milk
- c. Milkshakes
- d. Pudding

Follow these instructions and take any prescribed medications as indicated.