



# COLD & CANKER SORE PRODUCTS

## I N F O R M A T I O N

Canker sores and cold sores are common and often contagious. These sores will usually heal on their own, but to speed up the process and diminish the symptoms there are treatments and remedies available.



### **COLD SORES**

Cold sores are very common for many people and are characterized by **small, red blisters on the lips**. One common type is herpes simplex. This virus is very common and highly contagious. After the initial outbreak, these blisters can re-occur frequently and **there is no cure**.

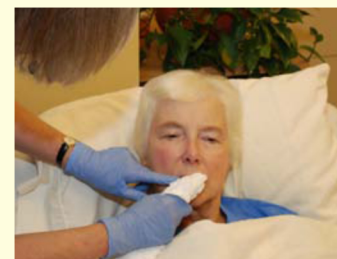
Many over the counter treatments are available. These products typically contain **docosonal or benzyl alcohol** and are usually available as gels or creams.

For the best results,  
**use these products as soon as there is tingling on the lips.**  
This usually indicates a cold sore is starting to develop.

Common over the counter medications are  
**Abreva and Zilactin**

### **GUIDELINES FOR USING COLD SORE PRODUCTS**

- ★ Wash the resident's hands, lips and face with soap & water and dry with a clean towel



- ★ Apply the treatment with a cotton swab directly to the cold sore
- ★ Discourage the resident from licking their lips



- ★ Reapply according to the manufacturer's directions

# CANKER & COLD SORE PRODUCTS



## CAUSES OF CANKER SORES

- ★ injury to the mouth
- ★ stress
- ★ unhealthy diet
- ★ certain medical conditions
- ★ some medications
- ★ Nicotine gum  
(switching to nicotine spray or patches can eliminate this issue)

**To ease pain and promote healing - AVOID acidic foods when a canker sore is present**

**Canker sores** are found on the tissues inside the mouth. They are small but painful blister-type sores that tend to heal on their own within 14 days. They are caused by a variety of factors and are sometimes contagious.

## TREATMENT OF CANKER SORES:

Treatment of canker sores depends on their type and severity. It is important to try to determine what triggered the outbreak as prevention is often the best treatment. There are no known cures but there are different remedies and medications to help relieve the symptoms associated with canker sores.

### REMEDIES INCLUDE:



**1) salt water rinses:** Mix 1 teaspoon salt to 1 cup of warm water. Swish the solution around the mouth and spit out.  
**2) 1/2 teaspoon of baking soda mixed with a few drops of water** until it makes a thick paste. You can use this paste to cover the canker sore.

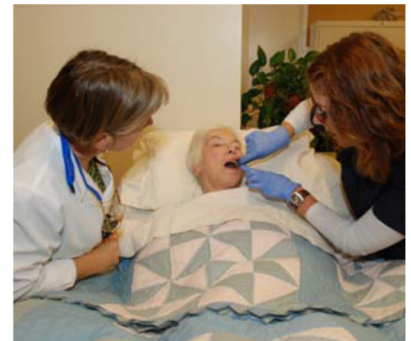
**3) Hydrogen peroxide** can be mixed 1 to 1 with water. This solution can be applied to the sore using a cotton swab.

**4) Milk of magnesia** can aid in the healing process and reduce pain. Apply it directly 3-4 times a day.

**5) There are many over the counter oral care products** available (gels, pastes and rinses) to help relieve the symptoms of canker sores and help speed up the healing process. Use as directed.

**6) In severe cases, oral medications** can be prescribed by a physician or dentist.

**If a canker sore lasts longer than 14 days or if the resident develops a fever, a physician or dentist should be consulted**



## DID YOU KNOW?



Canker sores are a type of herpetic lesion - also known as 'aphthous ulcers'. They are the most common type of mouth ulcer.