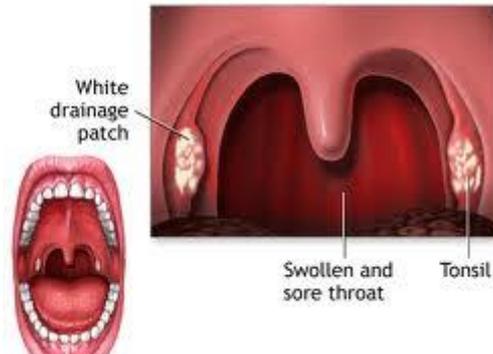


Redness, Swelling & Inflammation



What is Redness, swelling & inflammation?

Redness, Swelling is due to Inflammation of the mucous lining of the mouth, which may involve the cheeks, gums, tongue, lips, and roof or floor of the mouth.

Symptoms

- inability to drink or swallow
- high temperature
- fussiness and inability to settle down

Complications

- Burning or tingling sensation in the mouth prior to the onset of other symptoms
- Skin lesions on the mucous membranes of the mouth, which begin as a red spot or bump, then develop into an open ulcer, which is usually small (one to two millimeters to one centimeter in diameter) (The ulcers can be single or break out in clusters. The ulcers are painful, and the center appears white or yellow with a fibrous texture. The border of the sore may be bright red.)

Causes

- Cheek biting, braces, or jagged teeth may persistently irritate the oral structures
- Chronic mouth breathing due to plugged nasal airways may cause dryness of the mouth tissues, which in turn leads to irritation.
- There may be an inherited tendency to develop canker sores and there may also be an immune system link. In addition, they may be triggered by emotional stress; nutritional deficiencies of iron, folic acid, or vitamin B12; menstrual periods; food allergies ; or viral infections. They may occur with no identifiable causes.

Treatment

1.] Self-help

Your infection may be mild and you may not need treatment. There are several things you can do to help yourself feel better.

- Rest in a quiet, warm place and try to sleep.
- Ensure you drink enough fluids as dehydration can make you feel worse.
- Sucking throat pastilles which contain a mild anaesthetic may help to soothe your throat.
- Gargling with salt water may ease the pain in your throat.

2.] Medicines

Benzydamine hydrochloride spray helps to relieve pain associated with Redness, swelling & inflammation. Before taking any medicines ask your pharmacist for advice. Follow the instructions in the patient information leaflet that comes with the medicine.

3.] Surgery

If you have Redness, swelling & inflammation more than five times a year or you have had symptoms for more than a year, and your Redness, swelling & inflammation stops you doing normal activities, your doctor may suggest you have your tonsils removed. This procedure is called a tonsillectomy. Before you choose this treatment you should discuss it with your doctor as the operation also has complications. As young children get older, throat infections occur less often so they may not need surgery.