



## **HOME REMIDIES**

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# What is Canker Sore and the Home Remedies for It

**Canker sore** and fever blister are two different things but often mistaken as the same. Fever blister or cold sore usually appears around the mouth, lips, or gums while canker sore appears inside the lips, under the tongue, and inside the cheeks. Canker sore is painful white shallow sore inside the mouth that usually last for 2 weeks.

There are no exact reasons why canker sore appear but it very much associated with stress, genetic factors, food allergies, injury, menstruation, and nutritional deficiencies. Canker sore can appear to anybody but women at the age of 15-30 have greater tendencies to acquire it.

## What are the Symptoms of Canker Sore?

If you feel a burning or tingling sensation inside your mouth, canker sore might appear afterwards. It will start with a small whitish sore somewhat like a wound with red edges around it. Either it will appear under your tongue, inside your cheeks or on your tongue, canker sore starts with the same sensation and appearance. Other symptoms like swelling of lymph nodes, fever and listlessness could also be experienced though not related to canker sore.

## What to do if Canker Sore Appears?

Canker sore can go away without treatment. But if you want to relieve the pain, try the following remedies you can do at home:

Applying hydrogen peroxide is one of the best remedies you can do to canker sore. Combine hydrogen peroxide with water. The ratio is 1:1. Use it with cotton and dab it to the canker sore. Afterwards, apply a little milk of magnesia to the affected area for 3-4 times a day. This would help the healing but not soothing.

Before going to bed, apply a small amount of powdered alum on the affected area. If you prefer to use small cotton balls to secure the alum, do so. Avoid mixing alum to your saliva; it tastes bad. Repeat this every evening until the canker sore is completely gone.

Another way to treat it is to gargle with warm water and apple cider vinegar solution. Gargle a mixture or thin buttermilk and harir paste is also effective remedy for canker sore. Eating live yogurt and garlic perler everyday can shorten the duration of canker sore.

Gargling with coconut milk is another way to treat canker sore. Use grated coconut and squeeze the milk from it.

Crushed sesame seeds made into paste and applying it directly to the canker sore is effective way to treat it.

If you have canker sore avoid eating spicy foods. This aggravates pain.

## **How to Avoid Canker Sore?**

Good oral hygiene is the best way to avoid canker sore. Brush your teeth regularly, at least 2 times a day. Use soft bristle toothbrush to avoid hurting your gums. Use toothpaste without sodium lauryl sulfate or SLS. Gargle with mixture of warm water and salt regularly. Do not expose your mouth to sharp objects like blade and needle. A small contact with it would trigger canker sore. If you are on braces, avoid any activity that could hurt your mouth.

If canker sore does not heal 3 weeks after it first appears or if there is no sign of healing rather is becomes bigger or if *canker sores* appear more than 3 times a year, it is advisable to seek for medical treatment.