

5 Things You Didn't Know About Canker Sores

1 - Why do I get them?

Contrary to popular belief, canker sores don't always result from a cut in your mouth, and not all canker sores are caused by broken skin. They could be the result of a food sensitivity (see #2).



2 - Does diet influence cankers?

Canker sores could be the result of a food sensitivity to acidic, spicy, or salty food, or you could be missing out on some key vitamins in your diet.

3- Are all cankers the same?

If you have a canker sore, it's most likely a minor one that is pretty small and oval in shape, and it will usually go away in a couple of weeks.

If you're a really unlucky fellow, you might develop a major canker sore that looks and feels downright huge. These are not very common but can be very painful.

4 - What should I do once I have one?

The first rule of thumb is this: don't poke the bear. Be gentle around the canker sore, and don't irritate it more by brushing vigorously around it.

5 - How can I prevent them?

If your canker sores are stress-related, learn some stress-management methods, and actively seek to cut out stressors in your life. Keep up your good oral hygiene of brushing and flossing and using an approved mouthwash.



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