CANKER SORE (Aphthous ulcer)

Assess patient factors

Are any of the following present?
- Immunocompromised
- Auto-immune disorder (see guideline for list)
- History of ulcers that last >14 days, or scar
- >30 years old and this is the first episode
- Recent oral or sexual contact with someone exhibiting the same symptoms

Assess for red flags

Are any of the following present?
- Severe pain inhibiting eating
- Diameter of ulcer >1 cm
- Duration of ulcer >14 days
- >5 ulcers present
- Clusters of ulcers, that may have coalesced into one irregularly shaped lesion
- Systemic symptoms (e.g., fever, pharyngitis)
- Lesions present elsewhere on body
- Ulcer on hard palate
- Possible medication-induced ulcer (see guideline for list)

Is the patient experiencing some of these typical symptoms?
- Lesion on inside of cheeks or lips, side of tongue, soft palate, or floor of mouth
- Some pain
- Lesion is white or creamy coloured and bordered by raised margin with red halo
- < 1 cm in diameter
- < 7 days duration
- History of recurrences

YES: Non-pharmacologic measures; AND
- OTC topical product or analgesic; OR,
- Prescribe triamcinolone in dental paste for 7 days

YES: Continue treatment for another 7 days if needed
- Discontinue if ulcer resolved

REFER

YES

NO

NO

YES

NO

YES

NO

REFER