CANKER SORE (Aphthous ulcer)

Assess patient factors

- Immunosuppressed
- 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

Are any of the following present? YES → REFER

Assess for red flags

- Severe pain inhibiting eating
- Diameter of ulcer >1cm
- 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)

Are any of the following present? YES → REFER

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

NO

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

Is there significant improvement in pain and ulcer size?

YES → NO

NO → REFER