

# Stuck with a Canker Sore?

## There are Natural Ways to Heal them!

**Laser Therapy** - Biloase Epic Laser, available at Dr. Ilona's Office is the only diode laser in the USA with three unique therapy modes – Soft Tissue Surgery, Pain Therapy and Whitening. This therapy option is most effective on those pesky canker sores.

**Colloidal Silver** - Is a very old anti-bacterial, anti-fungus and anti-virus remedy. **Argentyn 23**, sold at Dr. Fotek's Office, is used to prevent and handle infections coming from bacteria, fungi and viruses such as abscesses, periapical infections, periodontal infections, periimplantitis and as a preventative when placing implants. This remedy is surely going to kick your canker sore right out your mouth!

**Baking Soda** - Is an alkaline and will neutralize acids that irritate the canker sore; it also helps kill bacteria to help your sore heal quickly. For a cure, try this home remedy: Rinse your mouth with a solution of 1 teaspoon baking soda in 1/2 cup of warm water.

**Salt Water** - Rinse your mouth with salt water for 30 seconds to help your canker sore heal. Higher concentrations of sodium chloride draw water from surrounding tissues by osmosis, which helps heal abscesses and open wounds such as canker sores.

**Sage** - It kills bacteria and viruses, and contains compounds that reduce inflammation. Steep 2 teaspoons of dried sage in a cup of boiling water, covered. Let cool and use as a mouth rinse 2 or 3 times a day; for an effective cure, make sure to swish the tea in the area of your mouth with the canker sore.

**Hydrogen Peroxide** - Is a strong disinfectant and will protect your canker sore from becoming infected. Use hydrogen peroxide the same way you would use mouthwash, making sure not to swallow any of the liquid. Or try making a disinfecting mouth-rinse treatment by combining 1/4 cup hydrogen peroxide, 1/4 cup water, 1 teaspoon baking soda, and 1 teaspoon salt. The baking soda is an alkaline, which provides extra relief by neutralizing acids. Hydrogen peroxide and salt will both help the sore to heal.

**Licorice Tea** - Sold in most health-food stores, licorice tea is an excellent home remedy to treat and eliminate canker sores. Use one tea bag per cup of boiling water and steep, covered for 10 minutes, then drink.

**Vitamin E** - Cut open a vitamin E capsule and squeeze a bit of the liquid onto the sore. The oil will coat the sore to help protect it from infection and help it cure it more quickly.



*The information provided is not intended as medical or dental advice and should not be interpreted as such. The intent is to provide as much scientific information as possible on different dental materials and aspects of dentistry where controversy exists and scientific clarification would be of benefit to patients, staff, dentists, physicians and scientists in making informed judgements. If you seek medical or dental advice, please consult with a health care professional. You must always exercise your own best judgement when using the services of any health care practitioner.*