



# Burning Mouth Syndrome

This leaflet has been designed to improve understanding of your condition and treatment, it has answers to many of the commonly asked questions. Please ask if you have any other questions would like further explanation please ask.

## What is burning mouth syndrome?

- A name given to discomfort or pain in the mouth whereby people complain of a burning, or scalding feeling,
- Often affects the tongue, lips and cheeks but other parts of the skin lining inside the mouth can also feel uncomfortable,
- A common condition often affecting women, particularly after the menopause, but men can sometimes get it too.

## What is the cause?

- Occasionally be the result of medical or dental problems. These include thrush infections, dry mouth, vitamin deficiencies, reflux, diabetes,
- The hormonal changes around the menopause,
- Worsened by stressed, anxiety or depression, or going through a difficult time of life,
- Reaction to certain foods, toothpastes or mouthwashes,
- Allergy to materials used to make dentures.

## What will happen to me?

- Thorough examination to make sure another medical or dental cause is not responsible as well as to reassure you that there are no signs of cancer,
- Blood tests for things such as Iron, B12, Folate, Zinc,
- Swabs for infections.

## Is there any treatment?

- Varying treatments depending on cause e.g. anti fungals; dietary supplements,
- In the same way that low doses of antidepressants can help patients with neuralgia even if they are not depressed, sometimes low doses of antidepressants can relieve the symptoms of burning mouth syndrome,
- Symptom relief through sucking ice cubes, chewing sugar free gum,
- SLS free toothpaste,
- Avoid citrus, spices, tomatoes, alcohol and tobacco,
- Mouthwash e.g. Benzydamine Hydrochloride (Diffiam).

## What if I don't get better?

We know that we can't always make you better. Trying not to focus on the feeling, learning to live with the sensation, and remembering that no serious disease has been found can sometimes be the best way of managing this common problem.

## How to contact us

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Taken from The British Association of Oral & Maxillofacial Surgeons website. [www.baoms.org.uk](http://www.baoms.org.uk)

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217198** or email **[westherts.pals@nhs.net](mailto:westherts.pals@nhs.net)**

### Survey - Friends and Family Test

We welcome feedback about your care, this feedback is shared with all staff we can improve patients' experience. Click this [link](#).

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