

## Beyond the Pain:How long do canker sores last?

### c?Healing time:

The duration of canker sores can vary from person to person, but typically they last for about 7 to 10 days. [How long do canker sores last](#) However, in some cases, they can persist for up to two weeks or even longer. The duration depends on factors like the size of the canker sore, its location, and individual factors such as overall health and how well they are treated or managed.

Canker sores usually go through stages, including the initial appearance, ulceration, and healing. While you can't make them disappear instantly, there are measures you can take to alleviate discomfort and potentially speed up the healing process. These include using over-the-counter topical treatments, avoiding certain foods that may irritate the sore, and practicing good oral hygiene. If canker sores persist for an extended period or are exceptionally painful, it's advisable to consult a healthcare professional for further evaluation and treatment.

### Treatment options for canker sores:

#### Here are some common treatment options for canker sores:

- **Over-the-Counter (OTC) Medications:**
  1. **Topical Anesthetics:** OTC products like Orajel or Anbesol contain numbing agents like benzocaine or lidocaine that can temporarily relieve pain.
  2. **Oral Gels and Ointments:** Gels and ointments containing ingredients like hydrocortisone or carbamide peroxide can help reduce pain and inflammation while promoting healing.
- **Prescription Medications:**In severe cases or when canker sores are recurrent, a healthcare provider may prescribe medications like corticosteroids in the form of creams, ointments, or mouth rinses to reduce inflammation and pain.
- **Oral Rinses:**Some mouthwashes and rinses contain ingredients like baking soda, hydrogen peroxide, or saline that can help cleanse and soothe canker sores. Rinse your mouth with these solutions several times a day.
- **Oral Pain Relievers:**Over-the-counter pain relievers like ibuprofen or acetaminophen can help manage pain associated with canker sores. Follow the recommended dosage instructions.
- **Avoiding Irritants:**Try to avoid foods and substances that can irritate canker sores, such as spicy, acidic, or rough-textured foods. Also, avoid tobacco and alcohol, as they can worsen the condition.
- **Dietary Supplements:**Some studies suggest that taking dietary supplements like vitamin B12, folic acid, or iron may help prevent or reduce the frequency of canker sores. Consult with a healthcare professional before starting any supplementation.
- **Good Oral Hygiene:**Maintaining proper oral hygiene can help prevent canker sores. Use a soft-bristle toothbrush, and avoid aggressive brushing. Also, consider using a toothpaste without sodium lauryl sulfate, as it may trigger canker sores in some individuals.

- **Stress Management:** Stress can be a trigger for canker sores in some people. Practicing stress-reduction techniques such as meditation, yoga, or deep breathing exercises may help prevent recurrences.
- **Cauterization:** In severe cases, a healthcare professional may use a chemical cautery or a specialized tool to chemically or physically burn or seal the canker sore. This procedure is typically reserved for very painful or persistent sores.