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## **Stomatitis**

Stomatitis is a viral infection, causing multiple, small, painful ulcers of the gums and lining of the mouth. This is often associated with fever. Usually this occurs in younger children and doesn't recur (unlike fever blisters). In some cases, other viruses, such as the coxsackievirus, may cause widespread ulceration, primarily on the palate, but may also involve the hands and feet (hand, foot, and mouth disease).

These entities are self-limited, but occasionally cause discomfort. Dehydration may result if oral intake is impaired by painful ulcers.

### **Treatment**

1. "Pink Magic" is usually prescribed by your doctor. This is a mixture of one part Maalox (an antacid) and one part Benadryl (an antihistamine). The prescribed dose should be swished around in the mouth and/or gargled, then swallowed. This mixture can be taken every 6 hours as needed for mouth or throat pain.
2. Frequent mouth washes with warm water may also help.
3. Dietary alterations:
  - a. Bland foods are well tolerated
  - b. Plenty of fluids; may require frequent small sips due to mouth pain
  - c. Food to avoid: citrus fruits, salty or spicy foods. These will only cause further irritation.
  - d. For infants, give liquids by cup rather than a bottle because the pressure created when using a nipple can cause pain
4. For fever and/or pain, give Tylenol or Motrin/Advil, in appropriate doses.

This condition tends to be quite contagious, but because the spread of infection is extremely difficult to prevent and will not cause long term effects, you do not need to isolate your child. He or she can return to school or daycare when free from fever for at least 24 hours.

Call our office immediately if:

1. Your child has not urinated for more than 8 hours
2. Your child starts acting very sick

Call during regular hours if:

1. Fever lasts more than 3 days
2. You have other concerns or questions