

MATTHEW S. COHEN, MD FAAP
PATIENT INSTRUCTION SHEET

GINGIVA STOMATITIS (VIRAL MOUTH SORES)

Your child has a viral infection that causes blisters in the mouth. These blisters are usually painful and associated with fever. **THERE IS NO MEDICINE FOR THIS VIRUS.** The virus will go away in 5-7 days **BY ITSELF.** The mainstay of therapy is pain control and the ability to ensure adequate and proper hydration. You can lower the fever and decrease the pain by giving:

α TYLENOL _____ EVERY 4 HOURS

OR

α MOTRIN _____ EVERY 6 HOURS

The office may have provided you with a solution called “Magic Mouthwash.” It is important to **NOT ALLOW YOUR CHILD TO SWALLOW THIS MEDICINE.** This medicine is a mixture of Benadryl, Maalox, and possibly Lidocaine. It relieves the pain from the mouth sores for a few minutes after it is applied. Put a drop of the medicine on each sore with a Q-tip before your child eats or drinks. **(NEVER LET HIM/HER DRINK THE MEDICINE.)** If the child is able to swish and spit, he/she may gargle with the medicine to address sores throughout the oral cavity.

Citrus juices (like orange juice), soda, or spicy foods may be painful for your child to swallow. Your child will most likely not want to eat, but be sure to encourage fluids. If he/she is not taking **ANYTHING** to eat or drink, call the office or bring the child back to be checked again.

If you have any questions, please call.