

ENT Southlake

Mary Ashmead, M.D.

Amy McDonald, P.A.

Burning Mouth Syndrome

- Labs to rule out vitamin deficiencies and Sjogren's Disease.

Possible causes for burning mouth:

- Dry mouth (xerostomia)
- Alcohol
- Oral thrush or oral lichen planus
- Geographic tongue/benign migratory glossitis
- Nutritional deficiencies, such as a lack of iron, zinc, folate (vitamin B-9), thiamin (vitamin B-1), riboflavin (vitamin B-2), pyridoxine (vitamin B-6) and cobalamin (vitamin B-12)
- Dentures, especially if they don't fit well
- Allergies or reactions to foods, food flavorings, other food additives, fragrances, dyes or dental-work substances
- Reflux of stomach acid (gastroesophageal reflux disease or GERD)
- Oral habits, such as tongue thrusting, teeth grinding (bruxism)
- Endocrine disorders, such as diabetes or underactive thyroid (hypothyroidism)
- Excessive mouth irritation, which may result from overbrushing your tongue, using abrasive toothpastes, overusing mouthwashes or having too many acidic drinks

Please check your toothpaste! We want to avoid sodium lauryl (or laureth) sulfate for at least 6 weeks. Look for Toms of Maine or other baking soda toothpaste, but still read all of the ingredients