

## BURNING MOUTH SYNDROME

### About

Burning mouth syndrome is the medical term for ongoing (chronic) or recurrent burning in the mouth without an obvious cause. This discomfort may affect the tongue, gums, lips, inside of your cheeks, roof of your mouth or widespread areas of your whole mouth. The burning sensation can be severe, as if you scalded your mouth.

### Symptoms

Symptoms of burning mouth syndrome may include:

- A burning or scalded sensation that most commonly affects your tongue, but may also affect your lips, gums, palate, throat or whole mouth
- A sensation of dry mouth with increased thirst
- Taste changes, such as a bitter or metallic taste
- Loss of taste



The discomfort from burning mouth syndrome typically has several different patterns. It may:

- Occur every day, with little discomfort when you wake, but become worse as the day progresses
- Start as soon as you wake up and last all day
- Come and go

### Treatment

Treatment options may include:

- Saliva replacement products
- Specific oral rinses or lidocaine
- Capsaicin, a pain reliever that comes from chili peppers
- An anticonvulsant medication called clonazepam (Klonopin)
- Certain antidepressants
- Medications that block nerve pain
- Cognitive behavioral therapy

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