

# Burning Mouth Syndrome (BMS)

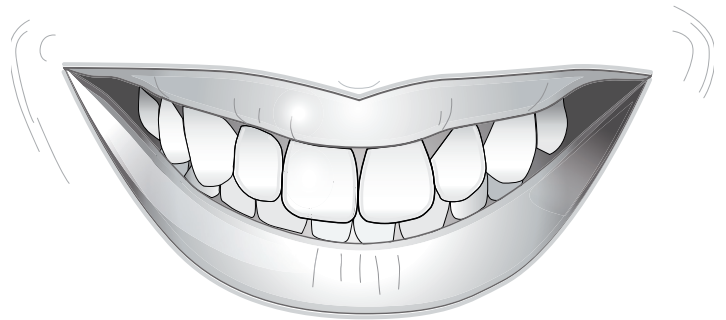
## Oral & Maxillofacial Surgical Services

BMS is a common condition where the mouth is characterised by a burning pain or hot sensation causing discomfort.

The mouth usually looks normal.

### Symptoms

1. Burning or hot sensation localised on the tongue or lips, but sometimes widespread.
2. Symptoms may be intermittent or continuous.
3. Other symptoms may include dryness, unpleasant taste, tingling or numbness.
4. Increased discomfort when talking, eating hot and spicy foods, or with stress.
5. Reduced by some foods, sleep, rest or distraction.
6. More common in women and often seen in and around menopausal age.



### Causes

**The cause of BMS is unknown.**

A number of factors may contribute to the condition:

1. Thrush or infections in the mouth.
2. Inadequate dentures.
3. Dry mouth.
4. Blood and vitamin deficiencies.
5. Anxiety, stress or depression.
6. Hormonal changes around menopause.
7. Allergic reactions or side effect of medications.
8. Fear of mouth cancer.

### Diagnosis

BMS is diagnosed by checking your medical history and full mouth examination, to check for possible underlying causes and to exclude cancer.

- Blood tests for nutritional deficiencies.
- A mouth swab for thrush (fungal) infection.

## Treatment

There is no definite cure for BMS.

It is important to accept that BMS may take a number of years to disappear.

### Symptoms often improve with:

- Reassurance that there is no serious disease.
- Relaxation, yoga, meditation and cognitive behaviour therapy.
- Low dose antidepressants (nerve calming medications) can be helpful.
- BMS is worse with dryness, therefore keep your mouth moist and clean.
- Mouthwashes such as difflam can be prescribed for severe symptoms.
- Hormonal replacement therapy not proven to improve the symptoms.

## Can it be helped?

About half of all people with BMS find it improves or goes away eventually.

Unfortunately we cannot always cure BMS, but we can often reduce symptoms.

Learning to live with the sensation and remember that there is no disease is often the best way of managing this common problem.

## Please contact us:

If you have any problems between appointments

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