

BURNING MOUTH SYNDROME

What is burning mouth syndrome?

Burning mouth syndrome is a name given to discomfort or pain in the mouth. It often affects the tongue, lips and cheeks but other parts of the skin lining inside the mouth can also feel uncomfortable. Most people with the condition complain of a burning or scalded feeling. Burning mouth syndrome is a common condition. It often affects women, particularly after the menopause, but men can sometimes get it too. Up to one in three older women report noticing a burning sensation in their mouth.

What is the cause ?

The sensation of burning in the mouth can occasionally be the result of medical or dental problems. These include thrush infections and haematinic or deficiencies. The hormonal changes around the menopause can be related to burning mouth syndrome. It can also occur or get worse when somebody is stressed, anxious or depressed, or going through a difficult time of life. Not knowing why your mouth is burning can also make you anxious.

What will happen to me?

If you describe a burning sensation in your mouth you will be examined thoroughly to make sure another medical or dental cause is not responsible. Some blood tests may be arranged for you to look for such a possible cause. Sometimes people get worried that they may have mouth cancer. This is quite a common anxiety of people with burning mouth syndrome. Carrying out a thorough examination and any necessary tests will enable your doctor to reassure you that all is normal with no signs of cancer.

Is there any treatment?

Hormone replacement therapy hasn't been shown to improve the symptoms, and neither have vitamins if your blood tests are normal. Symptoms often improve following reassurance that there is no serious disease present in the mouth. The burning feelings can sometimes be worse at times of stress and go away when life is running more smoothly. In the same way that low doses of antidepressants can help patients with neuralgia even if they are not depressed, sometimes low doses of antidepressants can relieve the symptoms of burning mouth syndrome.

What if I don't get better?

We know that we can't always make you better. Trying not to focus on the feeling, learning to live with the sensation, and remembering that no serious disease has been found can sometimes be the best way of managing this common problem.

Oral & Maxillofacial Surgery is the last of the nine disciplines of the Senate of Surgical Specialties of the Royal Colleges. It was formally included in 1994.

Maxillofacial Surgeons are the specific experts on the diseases affecting the mouth, face, jaw, and neck. As a result of their unique dual training they are best equipped to diagnose and treat symptoms, pathology, deformity and trauma affecting this complex area in a comprehensive manner.



There is an extensive overlap of domain with Plastic and ENT Surgery Thus it becomes prudent to create patient awareness about the pervious of the rich and growing speciality of Oral & Maxillofacial Surgery.

Here are some of the surgeries performed by our team at Kolkata over last few years. We hope the pictures would be self-explanatory.

Who would need to see a Maxillofacial Surgeon?

- Individuals who have suffered any facial injury due to a punch or a fall or a major road traffic accident. And also those seeking corrective surgery for deformities arising out of untreated old injuries.
- Individuals requiring changes of the way their faces look. The commonest facial deformities are prominent or too receding Jaws (upper/lower). These groups of people also suffer from abnormality of the way their teeth meet.
- Individuals suffering from jaws joint pain, clicking, locking and inability to open the mouth. Most common chronic facial painful conditions are jaw joint related.
- Any one noticing a lump or bump on the face, the jaw or on the neck just below the jaw. Also lumps, bumps, ulcers, red or white or patches inside the mouth need attention of a Maxillofacial Surgeon only.
- Any one suffering from localized or spreading infection of mouth, face or neck.
- Individuals who need removal of wisdom teeth and those looking for dental implants.
- Individuals having underlying medical conditions like heart, liver or kidney problems, diabetes, neurological conditions etc. and requiring dental extraction under special care.
- Individuals requiring surgery for any jaw cyst or tumour.
- Any one waiting to have their oral screening for cancer or pre-cancerous conditions and ones diagnosed to be cancer of the mouth.
- Children with birth defects of face and mouth including cleft lip and palate.

All enquiries and appointments 98300 80174/ 9903985845

Courtesy: BAOMS Patients Information Leaflet

