## Oral stomatitis

### Keywords
Oral stomatitis, aphthous stomatitis, canker sores

### Plan
- **Ideally** - Treatment 1 - 24 hours prior to each infusion or radiotherapy session
- OR use therapeutically once symptoms are apparent.
- Treat 2 or 3 times a week until symptoms improve.
- Daily treatment can be undertaken if convenient and if not resolving.

### Intention
- Prophylactic stimulation or therapeutic treatment of buccal tissues and lymphatic system (parotid, submandibular and cervical lymphatic nodes)
- Prophylactic stimulation or therapeutic treatment of tongue and soft palate to reduce incidence and severity of stomatitis

### Probe
- **LED Cluster probe**
- **Intraoral visible red 75mW laser probe**

### Pulse
- 2.5Hz
- 2.5Hz

### Tx Time
- 1 Min
- 1 min

### Targets
**Extra oral**
- 2-3 x clusters on cheeks and lips bilaterally depending on extent
- 3 clusters along cervical lymphatic chain each side,
- 2 clusters submandibular lymph nodes each side

**Intra oral**
- Tongue, sublingual, buccal surfaces, soft palate and other regions if necessary as needed over areas of inflammation

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*Hold laser ~15mm from tissues so the beam distributes evenly over large area*

NEVER USE LASER on or near the eye
Patient, therapist and observers should always wear laser safety glasses
Specific Evidence:


