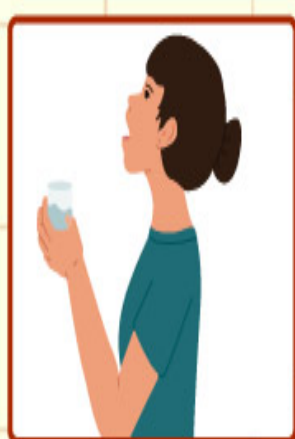


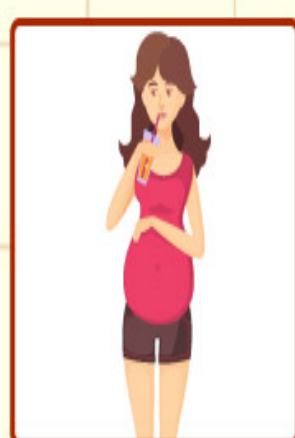
Managing Mouth Ulcers While Pregnant

Avoid spicy and acidic foods when you have a mouth ulcer.



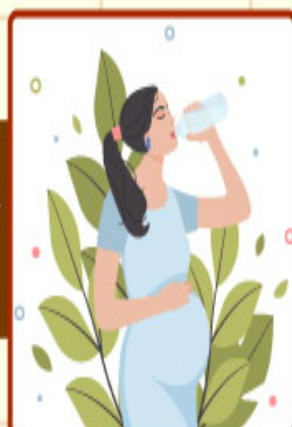
Rinse your mouth with salt water or apply ice cubes on the affected area to relieve the pain.

Rinse your mouth with hexidine mouthwash two or three times daily.



Consume carrot, cantaloupe, or celery juice after consulting with your OB-GYN.

Stay hydrated with plenty of water, and avoid fizzy drinks.



If the ulcer doesn't heal within two weeks, the doctor may prescribe a specific toothpaste or mouth gel.