

Lupus Mouth Sores

One of the symptoms I get with lupus are mouth sores. According to [Kaleidoscope Fighting Lupus](#), Mouth sores (also referred to as oral lesions or ulcers) occur in approximately 40-50% of lupus patients and are one of the [most common symptoms of lupus](#). While many resources online say that lupus related sores are mostly painless, I have had a few that were really painful!

I have always gotten canker sores in my mouth along my gums, tongue, and cheeks. The mouth sores I get from lupus are usually in the roof of my mouth. I have noticed a cycle to these lupus mouth sores in the roof of my mouth. They usually start out without pain as a bump in the roof of my mouth.

I can usually feel when they start because it feels kinda swollen. Almost like how it would feel if you stabbed the roof of your mouth with a sharp chip or something. Taking a picture of the lupus mouth sore in the roof of my mouth usually appears like a red spot at this time.



LUPUS LYFE

Lupus mouth sore at the
roof of my mouth.

Lupus mouth sore at the roof of my mouth.

Then it goes through a stage where I can actually feel the layer of skin sloughing off. Once it starts doing this is usually when the lupus mouth sore starts to hurt. If I were to see a picture of it in this stage, it looks more like how a canker sore would look with a white center and red ring around it.

I have used things like Blistex and Oragel to numb these mouth sores when they hurt. Many lupus warriors I have spoken with also use a prescription grade "Magic Mouthwash" they get from their doctors. I have not tried this, but have heard it works wonders for lupus mouth sores that are incredibly painful.

If you suffer from painful mouth sores and lupus, you should ask your rheumatologist about this numbing "Magic Mouthwash" to see if it could help you.

If you are looking for the type of Blistex I use on mine, [you can find it here](#).



I like this brand because it offers an easy application process. [This professional strength gel](#) really helps numb the mouth sore pain and with it's soft brush, it makes application to the roof of your mouth really easy.

Feel free to comment any products or home remedies you use for your lupus mouth sores in the comments below.