Stomatitis / Herpangina

What is Stomatitis / Herpangina

Stomatitis or Herpangina is a viral infection that causes sores or blisters to develop on the gums, tongue, and other areas inside the mouth. Your child may have fever, and the ulcers are painful so he/she may not want to eat or drink. Since this is a viral infection, it will clear up by itself usually within 5 days, however, some children may have sores in the mouth for 1-2 weeks.

Treatment

Since this is a viral infection, it will clear up by itself and antibiotics are of no use in treatment. The only treatment involves relieving pain so your child is more comfortable and more willing to eat and drink.

To Keep Your Child Comfortable and Prevent Dehydration:

- Give Acetaminophen (Tylenol, Tempra, etc.) or Ibuprofen (Motrin, Advil, etc.) for pain or fever. Your dose is: Acetaminophen _____________ every 4 hours Ibuprofen ______________ every 6 hours
- Encourage cold or cool liquids. These may be soothing to the mouth and help numb the pain. Avoid citrus and carbonated drinks (orange, grapefruit juices, lemonade, soda, etc.). Soft foods such as applesauce, yogurt, pudding, or mashed potatoes may be less irritating to the mouth.
- Avoid salty or spicy foods
- If your doctor has given you a mouthwash or other medication, use as directed

Prevention

This illness is quite contagious. To prevent spread of this infection:

- Wash your hands and your child’s hands frequently, especially after changing diapers, and before eating
- Do not share your child’s eating utensils or drinking cups while sick, wash after each use
- Wash any toys your child places in his/her mouth before and after your child plays with them

Call Your Doctor or Return to the Emergency Department If:

- Your child is refusing to drink or cannot swallow
- Your child appears dehydrated
  - No urine in the last 6-8 hours
  - No tears when crying
  - Lips are dry or cracked
- You think your child looks worse
- Your child is not getting any better after 1 week or you have any other questions or concerns