



McNamara Orthodontics
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Angular Cheilitis

Angular cheilitis is a condition in which sores or cracks appear in the corners of the mouth. It can begin as a small fissure without much inflammation and may eventuate into deep inflamed fissures.

This problem may be a symptom of a vitamin B-2 (riboflavin) deficiency. It is important to add more B-2 vitamin into your diet. Foods high in B-2 include milk, cheese, yogurt, spinach, avocados, asparagus, broccoli, brussel sprouts, and nuts. You may also want to take a vitamin B complex or B-2 supplement directly.

It is sometimes helpful to use lip balm products such as *Carmex*, *Medicated Chapstick*, or *Bag Balm* to promote healing. These items can be found at your local pharmacy.

If it appears that the corners of the mouth have become infected (if there is redness, increased cracking and resistance to healing), we recommend using an over-the-counter broad spectrum antibiotic ointment such as *Neosporin*. This ointment should be applied with a cotton applicator (Q-tip) four to five times per day.

You also may ask your pharmacist to recommend an over-the-counter antifungal cream such as *Nystatin*, *Lotrimin AF (Clotrimazole)*, or *Monistat 2% Topical Cream (Miconazole)*. After cleaning the affected areas, apply this cream with a cotton applicator four to five times per day to the corners of the mouth. In certain instances of increased resistance, a cortisone product also may be prescribed by a doctor. If symptoms continue to cause discomfort, please see a dermatologist or your family physician, as a secondary bacterial or yeast infection could be present.