



Clinical Audit on the Efficacy of Silver Nitrate Cauterization of Recurrent Aphthous Stomatitis

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Abstract

The audit objective is to assess the efficacy of using silver nitrate stick on the recurrent aphthous ulcers [1].

Most patients reported immediate pain relieve and shorter recovery period.

The result suggests that chemical cauterization by silver nitrate is indicated as a treatment option for aphthous ulcers.

Keywords: ENT; Audit; Silver Nitrate

Methods

This audit was done at the ENT clinic in Medcare medical centre and Medcare Hospital. It included 53 patients, who were seen between Jan 2023 and Jan 2024. All the patients underwent silver nitrate cauterization under local anaesthesia by using lidocaine spray 10%. 16 patients attended the clinic after failing other treatment modalities. All the patients were instructed to follow up after one week and were asked to report their pain score on daily basis.

nine patients reported unsatisfactory result and needed further investigations and systemic treatment, four of them with large ulcers who also reported longer healing time.

The Result

83% of the patients reported pain relief and faster recovery period.

17% of the patients did not show signs of improvement related to the bigger size ulcers and contributing other systemic factors.

Discussion

Until the aetiology of chronic recurrent oral aphthous ulcers is determined [2,3], all therapeutic measures are aimed at symptomatic relief. Topical measures should be preferred as first-line therapy because of their low risk for systemic side effects.

Systemic therapy should only be considered in addition to topical treatment in patients with severe disease or complex pathology; options include sucralfate, colchicine, pentoxifylline, prednisolone or combination [2]. However, our audit demonstrated that using silver nitrate stick has good efficacy as a first line treatment of aphthous ulcers.

Conclusion

The using of silver nitrate cauterization is a fast feasible first line procedure in the management of recurrent aphthous stomatitis in terms of, pain relieve and recovery period.

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