



Dexamethasone 2mg soluble tablets used as a mouthwash

What are Dexamethasone soluble tablets and what are they used for?

Dexamethasone soluble tablets belong to a group of medicines called corticosteroids (steroids). Steroids work by reducing inflammation, swelling and irritation in your mouth. Dexamethasone soluble tablets used as a mouthwash may help reduce inflammation and pain in your mouth, and speed up the healing process.

What conditions are treated with Dexamethasone soluble tablets?

Dexamethasone soluble tablets used as a mouthwash can be used for the treatment of mouth conditions that cause soreness such as mouth ulcers and oral lichen planus.

How do I use Dexamethasone soluble tablets?

1. Dissolve one tablet in 10 to 20mls of water (two to four teaspoons) to make up a mouthwash.
2. Swirl the mouthwash around your mouth for 3 to 4 minutes before spitting out. Do not swallow the contents.

How often and at what time of the day should I use Dexamethasone soluble tablets?

1. Use up to a maximum of once per day, ideally choosing a time after eating or brushing your teeth.
2. Do not eat or drink for at least 30 minutes after use.

What are the potential risks and side effects of using Dexamethasone soluble tablets as a mouthwash?

When used correctly this medicine rarely causes side effects. However, with all medicines, some patients experience side effects. Burning or stinging is quite common in the first few days of treatment. This usually clears up. Some people occasionally develop thrush in their mouth and find that their mouth becomes sore. If oral thrush develops, please contact your local community pharmacy who may refer you to a GP/ dentist. You may be prescribed a course of antifungal treatment to clear the thrush.

For further information about the potential risks and side effects, please read the information leaflet supplied by the manufacturer within the box.

Alternatively, please contact the oral medicine department on **0117 342 1814**.

The department is open Monday to Friday 9.00am to 5.00pm.

Notes

For access to other patient leaflets and information please go to the following address:

www.uhbristol.nhs.uk/patients-and-visitors/information-for-patients/

For an interpreter or signer please contact the telephone number on your appointment letter.

For this leaflet in large print or PDF format, please email patientleaflets@uhbristol.nhs.uk.

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