



LS Dental

Ipoh · Dr. Kent Teoh

PATIENT GUIDE

When the immune system hits the **mouth**

Some long-lasting mouth ulcers, blisters and lacy white patches are autoimmune — the body reacting against its own lining. They're treatable once named.

● **Lacy white patches**

● **Blisters & peeling**

● **Ulcers that linger**

What "autoimmune" means here

Normally the immune system attacks germs. In an autoimmune condition it mistakenly targets the body's **own tissues** — and the delicate lining of the mouth is a common place for that to show. The result is **ulcers, blisters or patches that last**, rather than heal in days.

GOOD TO KNOW

Not contagious and usually **not cancer** — you can't catch it or pass it on.

OFTEN LONG-TERM

Many are **chronic** — they settle and flare rather than disappear, so they're managed over time.

NEEDS A DIAGNOSIS

They look alike, so a **small sample (biopsy)** often confirms exactly which one it is.

TREATABLE

Once named, most are well controlled with the right creams, rinses or tablets.

The clue: ordinary mouth ulcers heal in a week or two. These **keep coming back** or simply won't clear — that's the sign to get them looked at.

What they look like

A few conditions account for most cases. You don't need to tell them apart — just to recognise when something in the mouth **isn't behaving like a normal ulcer**.

ORAL LICHEN PLANUS

Lacy white lines or streaks on the cheeks, tongue or gums — sometimes with red, sore or raw patches.

PEMPHIGOID / PEMPFIGUS

Blisters that burst into painful ulcers; gums may look red and **peel** when touched.

LUPUS

Red patches and **ulcers**, often on the palate — alongside other body symptoms.

RECURRENT ULCER SYNDROMES

Ulcers that **keep returning** — sometimes with eye, skin or genital symptoms — need a doctor's review.

Common thread: often **sore or burning**, worse with spicy or acidic food, and **lasting far longer** than an everyday ulcer.

Naming it is the first **step**

Because these look alike, the dentist or an oral-medicine specialist confirms which it is, then tailors treatment. Most people get **good, lasting relief**.

● **How it's handled**

- 1. Examination, and often a **small biopsy** to confirm the diagnosis
- 2. Treatment to calm it — usually **steroid creams or rinses**, sometimes tablets
- 3. Gentle mouth care and avoiding triggers (spicy food, sharp edges, harsh mouthwash)
- 4. Some conditions get **periodic check-ups**, as a few carry a small long-term risk

Teamwork helps

Autoimmune mouth conditions can go with skin, eye or joint symptoms — so your dentist and doctor often work together to treat the whole picture, not just the mouth.

Signs worth showing us

Most sore spots are harmless and pass quickly. Book a check if something in your mouth is **lasting, spreading, or keeps returning**.



Lacy white patches that won't wipe off



Blisters or gums that peel when touched



Ulcers over 2–3 weeks, or that keep coming back



Raw, burning areas, worse with spicy food

A mouth problem that won't heal?

We'll examine it, arrange a diagnosis, and get you relief.



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For general education only — not a diagnosis. See a dentist or doctor for persistent symptoms.