

## Patient information

### **Prednisolone 5mg Soluble Tablets Used As Mouthwash**

Liverpool University Dental Hospital

#### **Prednisolone 5mgs soluble tablets used as a mouthwash**

##### **What are the aims of this leaflet?**

This leaflet has been written to help you understand more about Soluble Prednisolone tablets and how they are used as a **mouthwash**.

##### **What are prednisolone soluble tablets and what are they used for?**

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

##### **What mouth conditions are treated with prednisolone soluble tablets?**

Prednisolone soluble tablets can be used for the treatment of mouth conditions that cause soreness such as mouth ulcers and oral lichen planus. They are commonly prescribed by many of the oral medicine departments in the UK/Ireland.

##### **How do I use prednisolone soluble tablets as a mouthwash?**

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

##### **How often and at what time of the day should I use Prednisolone soluble tablets as a mouthwash?**

1. Use up to a maximum of four times per day, ideally after mealtimes and after you have brushed your teeth last thing at night.
2. Do not eat or drink for at least 30 minutes after use.

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

When used correctly this medicine rarely causes side effects. However, as 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 this happens, a course of antifungal treatment will 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. The department is open Monday to Friday 9.00 am to 5.00 pm.

### **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

### **Further information**

#### **Oral Medicine Department**

**The department is open Monday to Friday**

**9.00 am to 5.00 pm.**

**Tel: 0151 706 5060**

**Text phone number: 18001 0151 706 5060**

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