

Laser vs Capsaicin Rinse: Burning Mouth Syndrome

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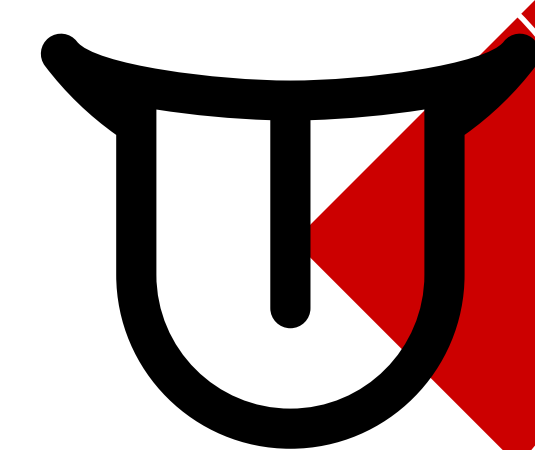
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WHAT IS BURNING MOUTH SYNDROME?

A complex pain disorder that causes discomfort or pain in the mouth with no known medical or dental cause.

- **Primary:** No underlying medical problem
- **Secondary:** Known underlying medical problem; tx of medical problems should relieve symptoms



Hormonal disturbances, neuropathy, infections, allergies, vitamin deficiencies, psychogenic factors.



1/3 post-menopausal women
15% of adults
5x more likely in women than men



2% of overall population



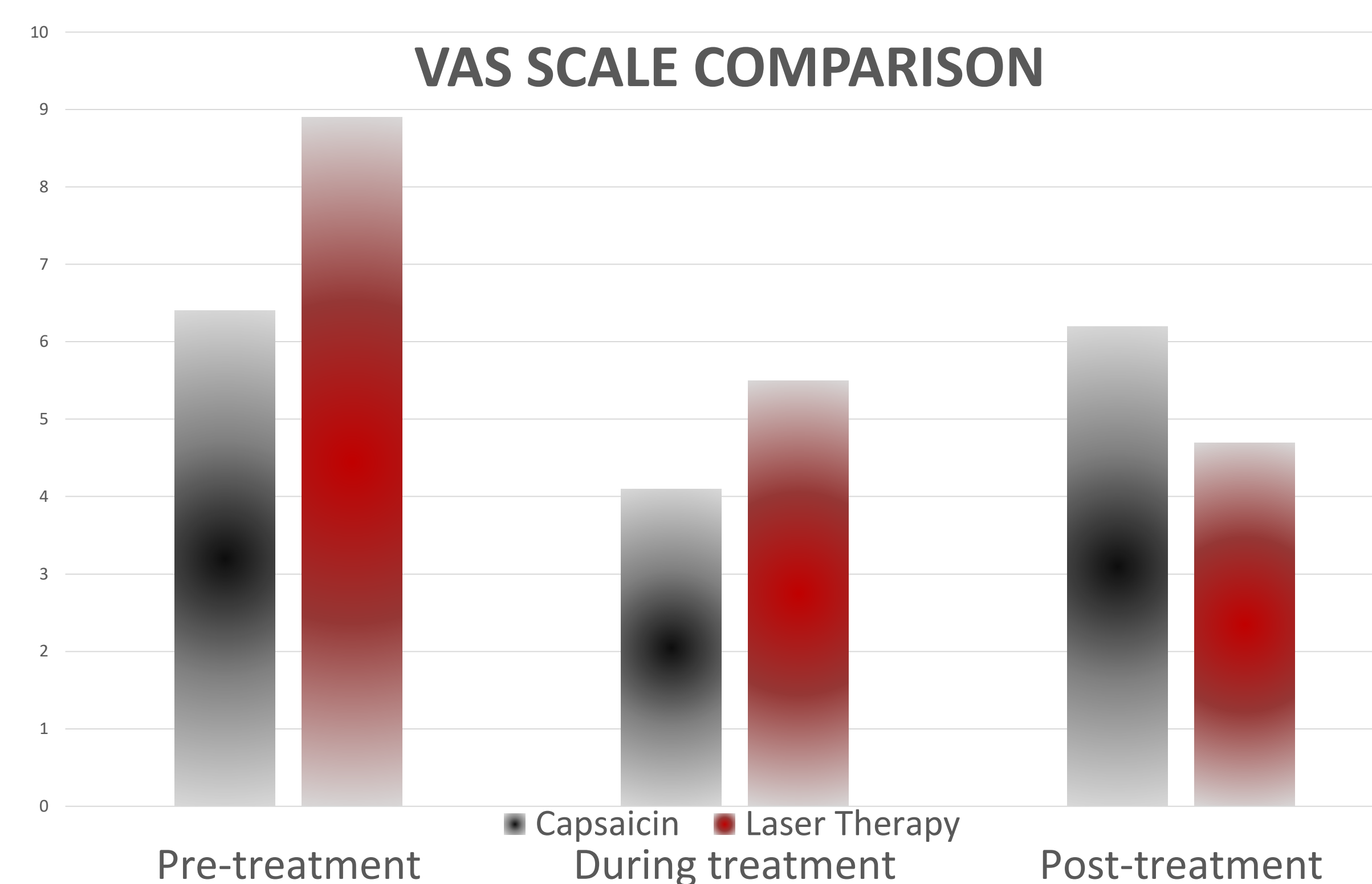
Laser therapy, capsaicin rinse, drug therapy, saliva substitutes, lidocaine mouthrinse, cognitive behavioral therapy, clonazepam, alpha-lipoic acid

METHODS

- A PubMed search was used to find research.
- Articles included contained research on Capsaicin Rinse and Laser therapy for BMS.

CAPSAICIN RINSE

- Patients experienced improvement in BMS after 7 days of treatment.
- Adverse effects were noted such as gastric pain due to systemic absorption.
- No complete remission of symptoms, only some symptomatic relief.
- Transient receptor potential vanilloid fibers (TRPV) and nerve growth factors (NGF) may play a role in burning mouth syndrome.
- Capsaicin rinse effects the superficial TRPV, but does not effect the deeper fibers.
- Studies concluded that capsaicin rinse is not a long-term solution.



LASER THERAPY

- A diode low-level intensity lasers were used on the areas that were experiencing symptoms.
- The laser used continuous emission for 15 sec on each site with symptoms.
- No adverse effects were reported or observed during or after treatment.
- Patient's experienced improvement after treatment and were still experiencing improvement after 90 days.
- Some of the members of the placebo groups also experienced improvement of symptoms.
- More research is needed to confirm the findings that laser therapy is effective in treating the symptoms of BMS

SUMMARY/CONCLUSIONS

- Laser therapy is potentially a long-term treatment solution.
- Capsaicin rinse only aids in temporary relief.
- Laser therapy is a more effective treatment option when compared to the Capsaicin rinse.
- More research is needed on the etiology of BMS.
- More research is needed in regards to BMS treatment with laser therapy.



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