

Table S1: OUSS form which includes the six ulcer characteristics and elements of oral function

Oral Ulcer Severity Score (OUSS)

In the last 4 weeks

Name:

Diagnosis:

Date of birth:

First visit to the department:

Yes

☐

No

☐

Hospital Number:

Patient on medication for ulcers: Yes

☐

No

☐

Date:

Name of medication:

Clinician:

Duration on medication:

	Ulcer Characteristics	Score	Description of USS
Average Number of ulcers			Score = average number of ulcers in a crop Maximum score = 20
Average size of ulcers (in mm)			Score = average size of ulcers in mm Maximum score = 20
Average Duration of ulcers (in weeks)			Score = number of ½ weeks i.e. Half week (3 days) scores 1, one and a half week (10 days) scores 3. Maximum score = 9
Ulcer-free period (in weeks)			Score = 4 minus the average ulcer-free period in weeks Maximum score = 4 (never free from ulcers)
Pain as perceived by the patient (on a scale of 0-10)			1 for slight discomfort when ulcers are present 10 for excruciating ulcers interfering with eating, talking or talking Maximum score = 10
Mucosal site	Group 1 Labial mucosa Buccal mucosa Buccal sulcus Soft palate Ventral of tongue Lateral of tongue Floor of mouth Group 2 Hard palate Attached gingival Alveolar ridge Dorsum of tongue Tonsils Pillars of fauces Uvula		Score = total of sites affected 1 for each site in group 1 (non-keratinised mucosa) 2 for each site in group 2 (keratinised, specialised, or oropharynx)

Evidence of scarring

Yes

☐

No

☐

Total OUSS=

Quality of Life (on a scale of 0-10) as perceived by patient	0-10 Numeric Pain Rating Scale 	Maximum Score=10 i.e. 1 =slight discomfort when ulcers are present i.e. 10= excruciating ulcers interfering with eating, talking and smiling.
Eating		
Talking		
Smiling		

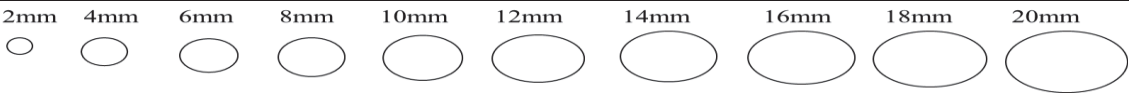


Table S2: Periodontal risk factors summary in BD and RAS patients

Periodontal risk factors	Number BD Pt.	%	Number RAS Pt.	%
Gingival history	57	39%	7	35%
Family gingival history	37	25%	4	20%
plaque retention factors (supra-gingival calculus, sub-gingival calculus, poor restoration margins)	111	76%	16	80%
Smoking				
• Never smoked	83	56%	13	65%
• Smokers	43	29.4%	3	15%
• Smoke cessation	20	13.7%	3	15%
Systemic diseases				
• Pt. only with BD	70	48%	8	40%
• Psychological & social wellbeing	54	37%	7	35%
• Diabetes	6	4%	2	10%
• Cardiovascular problems	7	4.8%	1	5%
• Others	22	15%	2	10%
Diet				
• Balanced	126	86%	16	80%
Oral hygiene habits				
• Teeth brushing				
➤ Once	22	15%	4	20%
➤ Twice	100	68%	14	70%
➤ Three times	16	11%	2	10%
➤ No	7	4.8%	0	0
• Teeth flossing				
➤ Regular flossing	49	34%	7	35%
➤ Irregular flossing	87	60%	11	55%
➤ No	8	5.4%	2	10%
• Tongue brushing				
➤ Regular	48	33%	9	45%
➤ Irregular	93	64%	7	35%
➤ No	4	3%	4	20%

Table S3: Oral ulceration management guideline in BD

Oral problems	Treatment	Considerations
Oral ulcer	First line; less complex disease 1-Oral colchicine 500 mcg twice/day 2-Topical steroid (mouthwash, gel, spray) 3-Topical non-steroidal mouthwash (anti-inflammatory mouthwash) 4-Barts mouthwash↑ 5-Antibiotics	Effective in 70%  Ineffective in 30%
	Second line; for the 30% ineffective group 1-Azathioprine 2mg/Kg (up to dose 200 mg/day) usually started at low dose before increasing OR 2-Mycophenolate (up to 3g/day) OR/AND 3-Steroid (orally, IM, IV) Variable daily, weekly or monthly	Effective in 66%  Ineffective in 33%
	Third line; TNF inhibitor for the 33% ineffective group 1-Infliximab 5mg/Kg doses then consider swapping to subcutaneous TNFi after 4 weeks. (stop therapy after 6 months, and restart if flare)	
Dental caries	1-Good oral hygiene (Brushing teeth at least twice/daily, free Sodium Lauryl Sulphate (SLS) toothpaste, and flossing daily) 2-Decrease sugary foods/drinks 3-Regular dental examination	
Periodontitis	1-Same steps for dental caries control 2-Smoking cessation	
Candidiasis	1-Same steps for dental caries/periodontitis control 2-Disinfect removable prosthesis each night 3-Topical antifungal therapy 4-Systemic antifungal therapy	
Scarring	1-Topical steroid therapy 2-Patients with stenosis are referred for dilation.	

†Barts Mouthwash (1 tablet Betamethasone 500 mcg + 1 tablet Doxycycline 100 mg + 1 ml Nystatin 100,000 unit/ml dissolved in 10 ml of water) and rinsing up to 3 minutes.

Figure S1: Dental caries risk and basic periodontal examination results in BD and RAS patients

