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## Information Leaflet

# Geographic Tongue

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**This leaflet contains information about your operation and provides answers to some of the questions you might want to ask. We hope this will help you with your work, domestic and social arrangements.**

## **You have been diagnosed as having geographic tongue**

This condition affects the surface of the tongue producing a red area surrounded by white areas. These red areas have an irregular outline and make the tongue look as if a map has been drawn on it – hence the name geographic tongue.

The red and white areas tend to alter in shape and a different pattern may appear from one day to the next.

Geographic tongue is not a disease. Its real cause is unknown, although it does tend to run in families.

Frequently it causes no problems. Sometimes, it does cause discomfort; the discomfort is usually made worse by foods, especially those which are spicy, salty or very acid. The condition may vary so avoid these foods.

Sometimes a mouth rinse may be prescribed to reduce the local tenderness. Further treatment is rarely needed. However, if the condition becomes very painful or if the appearance changes dramatically, then contact the Department of Oral and Facial Surgery.

Your health, safety and well-being are of the utmost importance while you are in our hospital. We will do our best to make sure your treatment is successful and your stay is as pleasant as possible.

We hope you have found this information useful. If you have any problems or need further advice please contact the

**Department of Maxillofacial Surgery.**

**Arrowe Park Hospital**

**678 5111**

**Ext. 2579/2542**