

Oral Mucous Cysts

March 2022



WHAT ARE MUCOUS CYSTS

These are also known as Mucoceles. They are generally not painful and shows no symptoms except its representation.

Mouth presentation

- Moveable
- It is painless
- Soft
- Round
- Filled with liquid
- Clear surface or bluish
- Range from 2-10 mm in diameter

There are 2 types of mucoceles and are different because of their location and cause, namely:

1. Mucoceles that are found on the inside of the lower lip, on the gum or the palate (roof of the mouth).
2. The other type is called the Ranula. They present as mucoceles but are found under the tongue and normally appear bigger in size. The Ranula is relatively rare because of its size. It can cause problems when chewing, speaking, and swallowing.

DIAGNOSIS

- A mucocele can be diagnosed through a clinical examination. Its presentation is unique and precise.
- A biopsy can be performed for any further investigation by taking a cyst sample to the pathology laboratory
- Computerized tomography can be utilized by taking a series of x-rays at different angles of the cyst.

Differential diagnosis

- Haemangioma

CAUSES OF MUCOUS CYSTS

- Mucoceles result from a blockage of the salivary gland which is responsible for the production of saliva. The saliva is produced in the saliva gland and moves through small tubes called ducts into the mouth. Damage to the duct or blockage causes the saliva to get trapped into the damaged part of the duct and forms a mucocele.
- Human habits such as sucking or biting onto the lower lip
- Trauma due to dangerous sports like boxing, rugby etc
- A tear in the salivary gland
- Piercings
- Poor oral hygiene causing build up of bacteria that can block the ducts



TREATMENT FOR ORAL MUCOUS CYSTS

These cysts are self-treating. The cells of the ducts regenerate, and the mucosal ducts will flow as normal. They should never be popped as this can cause an infection and result in the cyst being painful. In a case where the cyst enlarges, a dentist will surgically remove the cyst with a scalpel or with laser treatment. The area should always be cleaned by rinsing with lukewarm water and salt.