

Maxillo-facial

Angina Bullosa Haemorrhagica (Oral Blood Blister)

What is Angina Bullosa Haemorrhagica?

Angina Bullosa Hemorrhagica (ABH) is a condition where an often painful, but benign blood-filled blister suddenly develops in the mouth. The blisters are generally not due to a blood clotting disorder or any other medical disorder.

It is a fairly common, sudden onset and benign blood blistering oral (mouth) disorder. It mainly affects people over 45 years and both males and females are equally affected.

Usually there is no family history of the condition. It may be associated with Type 2 Diabetes, a family history of diabetes or Hyperglycaemia.

What are the signs and symptoms of ABH?

- The first indication is a stinging pain or burning sensation just before the appearance of a blood blister
- The blisters last only a few minutes and then spontaneously rupture (burst), leaving a shallow ulcer that heals without scarring, discomfort or pain
- They can reach an average size of one to three centimetres in diameter
- The Soft Palate (back of the mouth) is the most affected site
- If they occur on the palate and are relatively big, they may need to be de-roofed (cut and drained) to ease the sensation of choking



Patient Information

- Occasionally blisters can occur in the buccal mucosa (cheek) and tongue
- Approximately one third of the patients have blood blisters in more than
- one location.

What are the causes of ABH?

More than 50% of cases are related to minor trauma caused by: hot foods, restorative dentistry (fillings, crowns etc) or Periodontal Therapy (treatment of gum disease).

Anaesthetic dental injections and steroid inhalers may also cause ABH

In 50% of cases no cause can be identified.

What is the Treatment for ABH?

- No treatment is usually required as the blood blisters spontaneously rupture and heal.
- Blood tests may be carried out to rule out a blood disorder.
- Performing a biopsy of an intact blister is difficult because of its short duration.
- Any discomfort may be eased by using a Benzylamine mouthwash or spray (Diffiam™).
- Chlorhexidine mouthwash may reduce any possible secondary infection and therefore aid healing.

What are the other causes of blood blisters in the mouth?

- Oral ulcers
- Food allergy
- Nutritional deficiency particularly of vitamin B12 and vitamin C
- Prescription drugs
- Cheek biting
- Oral herpes virus

Patient Information

If you require any further information please contact the Maxillo-Facial Department 024 7696 6500

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