



Patient Information Leaflet

Orofacial Granulomatosis

Cork University Dental
School & Hospital

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Managing dietary re-introduction on a cinnamon and benzoate free diet:

Your symptoms have improved and so you can try to re-introduce some restricted foods back into your diet.

This is a guide to help you re-introduce foods safely and minimise the risk of recurrence of your symptoms.

Recommendations:

The foods most likely to cause recurrence are cinnamon, soft drinks with added benzoates (they contain the highest levels of added benzoates) and chocolate. We therefore suggest you leave these foods until last. Some people may need to avoid these indefinitely.

Symptoms may not always recur immediately. Some people have a delayed reaction. This therefore means foods should be gradually re-introduced.

Guidelines

Select a food that you have been avoiding and would like to re-introduce.

Example; Prawn cocktail flavoured crisps

Take a small amount of the crisps (e.g. 1/2 bag). Do not have any more crisps for that day and carry on with your current dietary restrictions. On the second day have the same amount. On the 3rd day try a full bag of crisps. Do not have any more crisps that day and try the same amount on the 4th day. If you do not appear to have recurrence in symptoms then it is likely you can include this in your diet. Now try the next food as follows;

Example:

Day	Volume of food to re-introduce
1	1/2 bag prawn cocktail crisps
2	1/2 bag prawn cocktail crisps
3	1 bag prawn cocktail crisps
4	1 bag prawn cocktail crisps
5	1 tablespoon spinach
6	1 tablespoon spinach
7	2 tablespoons spinach
8	2 tablespoons spinach

Remember, it may be that your symptoms are related to the amount of cinnamon and benzoates your mouth is exposed to and this will be different for everyone. If you do not have a recurrence of symptoms then you have proven that 1 bag of prawn cocktail crisps is not likely to cause a reaction for you but be wary of more than this unless you continue to trial it in the way described above.

Once you have reached the amount you think you will have in one day at one sitting then you can start to include this in your diet. You can now try to re-introduce another food as described above.

Managing Symptom recurrence

The purpose of this graduated re-introduction is to reduce the risk of symptom recurrence. It is anticipated that any recurrence will be mild and can be managed without development of severe symptoms providing you follow the guidelines below.

Symptoms might return because:

- You have reached your own personal threshold of tolerance for cinnamon and benzoates.
- You have been exposed unknowingly to other sources e.g. a new toothpaste or lip-gloss, shaving gel etc
- You have a personal intolerance to a food you previously were unaware caused symptoms.

If you observe **any** recurrence of symptoms then please follow the current guidelines:

1. For a minimum of 2 days limit your foods to a fully restricted cinnamon and benzoate free diet. If your symptoms have not resolved in 2 days then you may wish to extend this.
2. Check to make sure you have not made an error with your diet or have not been exposed to other sources of benzoates (e.g. new face cream, toothpaste, soap, make-up etc).
3. After a minimum of 2 days, if you are satisfied that your symptoms have sufficiently improved then re-start the foods you tolerated previously **but not the one you associated with symptom recurrence**.
4. Should symptoms recur again with a different food, follow the same procedure as before. Re-start the foods you could take previously but do not add any more new foods for at least 2 weeks.
5. Note down any foods that you associate with recurrence of symptoms (see below). Avoid these foods during your re-introduction phase and select different foods. Bring the list of foods to your clinic appointment and re-introduction of these foods will be discussed with your dietitian.
6. It might also be helpful (but not necessary) to take a photograph if there are any visual signs of symptom recurrence.

If you have any concerns or have significant symptom recurrence then please contact your dietitian to discuss further.

An example of how to complete the symptom recurrence chart is indicated below:

Notes: