

# How to cure tongue burns after eating hot food

Burning tongue after eating hot food is not difficult to treat. Here are simple ways to treat tongue burns that are simple and suitable for everyone.

## Wash your tongue with salt water



Rinsing the tongue with cool salt water is the simplest way to cure tongue burns. You can also gargle with salt water gently before instilling it. This method helps you disinfect the wound and soothe the burned tongue area.

## Dip your tongue in milk

Milk has antiseptic properties, helping you to relieve pain quickly. So dip your tongue in cold milk, then wait a bit until you feel better. You can repeat this process when you feel the pain in your mouth again. Milk provides a special coating that water does not, so whenever this is the case, use milk immediately.

## Apply honey to the burned area and do not rush to swallow after a few minutes



Honey is not only soothing, but also has a wonderful taste. This product is also scientifically proven to treat burns. So, if you are not allergic to honey, this remedy for burning tongue might be your favorite choice. Take a spoonful of honey and cover it on the burned tongue area. Do not rush to swallow honey right away. Leave it on your tongue for as long as possible to allow the burn to heal.

### **Put mint-flavored gum right on the burned area**

Mint is a simple & quick way to treat tongue burns. Menthol will trigger a cooling sensation in the areas it covers, so you should feel better over time. Just put a piece of mint gum on the damaged skin and don't chew it. Make sure not to leave it on your tongue for too long, especially if you are sensitive to mint flavors.

### **Use aloe vera juice**

Aloe vera is known for its ability to soothe skin and heal burns. It significantly reduces burn healing time, and gives you comfort from the very first use. Just rub aloe vera juice on the burned tongue and leave it there.

Above are the simple ways to cure tongue burns, easy to implement but most effective . Hope the article is useful to you.

You finished reading the article "**How to cure tongue burns after eating hot food**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.