

Mouth Pain

July 26, 2022

You experience chronic pain in your mouth due to sensitive tissue or sores or growths. Any action that requires concentration (e.g., maintaining a spell) requires a successful DC 10 + (IE) Constitution saving throw per round to maintain concentration. Because you're used to managing pain, even though this doesn't reduce the experience of pain, you have a +(IE) bonus to saving throws against psychic damage. Temperature sensitivity is a common trigger for mouth pain.

Real-world Examples

Oral Thrush, Oral Lichen Planus, Burning Mouth Syndrome, Salivary Gland Stones, Squamous Papilloma, Temperature Sensitivity

Assistive Options

In some cases, ice or a saltwater rinse can help relieve 1 IE of pain for 10 minutes. The GM and player should discuss whether any remedies will help.

Mouth Color Difference

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Your lips (50 percent), tongue (40 percent), or entire mouth interior (10 percent) is a color not normally associated with your ancestry. (The player and GM should discuss color or choose randomly from <https://www.random.org/colors/hex>.) While not extremely noticeable or easy to explain away, this gives

disadvantage on disguise attempts and Charisma (Persuasion) checks in subcultures that emphasize appearance such as nobility or military. This trait has no IE.

Real-world Examples

Cyanosis, Oral Thrush, Anemia, Addison Disease, Kaposi Sarcoma, Lichen Planus, Leukoplakia

Assistive Options

Eating fruit that matches a normative mouth color can help but wears off in 2d10 minutes. Lipstick can cover lip color differences but wears off while eating or exposure to liquids.

Magical Assistance

The [Color Flesh](#) cantrip can temporarily modify mouth color, but the target will not notice when it wears off.