

# Mouth Pain

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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.