

Dry Mouth

- 1.) To keep your oral mucosa healthy, clean, and as free from infection as possible:
 - a. Take 1 tablespoon of table salt and 1 tablespoon of baking soda and dissolve fully into 1 quart of warm water.
 - b. Swish, gargle, and spit as many times as you can per day (ideally after every meal and every three hours). Be sure to start this routine on day one of your treatment.
 - c. If it burns, increase the amount of water you dissolve the salt and baking soda in or use the magic mouthwash 10-15 minutes before you try.
 - i. To make Magic Mouthwash, mix equal parts viscous Lidocaine (we will give to you or prescribe), liquid Benadryl, and Maalox. The Benadryl and Maalox are available over the counter. Swish and spit or swallow 10-15 ml.
 - d. Or you can buy Biotene from the drugstore (same active ingredients but some patients prefer this formulary. Available at drugstores or on Amazon \$6.57)



- 2.) You will get thick phlegm and mucous build-up:
 - a. You can try to pick up meat tenderizer (at the grocery store or Amazon \$7.78) and dissolve the powder into water, swish, gargle, and spit.



- 3.) Dry mouth will continue for many years as your salivary function improves following treatment