



Do you have a Dry or Burning Mouth?

If you have a dry or burning mouth, firstly make sure you are drinking enough fluids - 6-8 cups a day is recommended. If you are drinking enough try the following:

- sip water from a bottle continually
- oil emulsion sprays, their effects last longer than water - they can be found online, however, many taste bad. Make your own.
- sugar free or denture friendly chewing gum
- discuss with your Doctor or Dentist the use of specialty toothpaste and gel
- hourly baking soda mouthwash (mouthwashes are alcohol based so dry your mouth out)
- clean your teeth before meals

If, after trying these things, you still have a dry mouth ask your Doctor or Dentist.

Oil emulsion recipe

Make up your own with grapeseed or coconut oil. Use one tablespoon of oil to one tablespoon of water and swish around in your mouth.

Baking soda mouthwash recipe

1. Cup (250 ml) warm tap water.
2. Add 1/4 teaspoon baking soda to cup of water and 1/8 teaspoon of salt
3. Stir until the baking soda and salt until dissolved.
4. Pour the mouthwash into a clean bottle and close the lid.

This mouthwash can be used for up to 24 hours, then discard.

Swish the mixture around your mouth for about 30 seconds, then rinse your mouth with water.

This is also a good mouthwash to use if you have sore gums, or other mouth injuries, since baking soda and salt have both been proven to speed healing.

