



## **Mouth Care Instructions**

### **During the first 2 weeks of treatment mix together:**

1 quart of water

1 teaspoon of salt

1 teaspoon of baking soda

**Gargle as often as possible, 5-6 times a day**

### **After the first 2 weeks of treatment mix together:**

1 quart of water

1 teaspoon of salt

1 teaspoon of baking soda

3 tablespoons of Viscous Lidocaine (xylocaine)

2 tablespoons of Benadryl (diphenhydramine)

We will give you a prescription for the lidocaine; you can buy Benadryl over the counter.

**Gargle as often as possible, at least 5-6 times a day.**

\*We will give you Sage Toothettes to remove thick saliva.

\*Use fluoride toothpaste.

**\*Do not use over the counter mouthwash.**