



How to instructions

Dry mouth gels, sprays and dry mouth rinses



If you are suffering from dry mouth due to age, medication side effect, cancer treatment or other health issues, dry mouth gels and sprays and rinses can be helpful to improve mouth comfort, speech and reduce the risk of dental decay. Lack of saliva would be one of the most significant risks for dental disease. Maintaining good hydration by sipping water regularly as opposed to drinking larger volumes less frequently is much better for keeping your mouth moistened.

Dry mouth products are formulated to provide additional lubrication and provide a more lasting effect compared to water alone. Always read and follow the instructions from the manufacturer about applying dry mouth gel.

Dry mouth gel can be applied anytime during the day or at nighttime. Dry mouth sprays and rinses can be used as alternatives or in addition to the gels.

1. Squeeze a pea-sized amount of gel from the tube and place on the finger or use a cotton swab to take the gel from the tube. Apply the gel to tongue, gums, palate, oral soft tissues, and teeth, and use when required. There is no need to spit.
2. Some people may not like the taste and texture of dry mouth gel, so try alternative brands we recommend. Dry mouth products in spray form are much more convenient, but are typically thinner and may not have a lasting effect.
3. Dry mouth specific rinses are an excellent way to improve mouth comfort, neutralise acid and are not irritating like other antibacterial mouth rinses. Simply swish a small amount around the mouth for about 30 seconds and spit out any excess.

You can also create an acid neutralising, dry mouth friendly mouth wash using [bicarbonate of soda](#).

If you have been instructed to use a combination of dry mouth gel, Tooth Mousse and or Toothpaste – please have a look at these [instructions](#).

Did you also know that dry mouth gel can be used as an easy to clean alternative to [denture adhesives](#)?