

Patient at Home Regimen: During and Post-Radiation

- Brush teeth with prescription fluoride toothpaste (do not rinse afterwards). At night brush ½ hour before bedtime.
- Apply MI Paste Plus 3-4 times a day and directly before going to bed.
- Do not brush immediately after meals. Brushing may increase the risk of tooth surface loss.
- Rinse with Caphosol®, Neutrasol®, or plain water with baking soda rinse (1 tsp baking soda in 8 oz. water) after meals and snacks.
- Chew gum containing xylitol throughout the day. A piece of chewing gum in the mouth can stimulate salivary flow from remaining functional glands in case of TMJD.
- Brush teeth and tongue with powered (sonic) toothbrush with gentle pressure.
- Use a prescription sialogogue (Pilocarpine or Cevimeline) up to 3-4 times/day. Also, during radiation treatment, take a tablet/capsule 1 hour prior to treatment.
- Low fluoride containing rinse after meals (especially after acidic meals).
- Post-radiation— Break Vitamin E capsules in mouth, swish and spit up to 3 times a day. Keep a humidifier in the room set at 50% at night.
- Use other sugar/alcohol free oral comforting over the counter agents if relief is perceived.
- Visit the dentist every three months for a complete exam, cleaning, and topical fluoride treatments.
- Restore teeth as soon as carious lesions appear.
- Frequent large sipping or drinking of water does not help relieve dryness of the oral cavity. Try taking small sips to wet the oral mucosa which gives the sensation of wetness in the gum mouth and does not wash away salivary proteins.

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