

Oral Care Recipes

Use these recipes when your mouth is dry. They can help to replenish moisture.

Homemade Mouth Rinse

- 1 teaspoon baking soda
- $\frac{3}{4}$ teaspoon salt
- 1 quart warm or cool water

Mix all ingredients together until baking soda and salt dissolve. Swish rinse in mouth, then spit it out. **Do not drink the solution.**

Homemade Mouth Lubricant

- $\frac{1}{4}$ teaspoon glycerin (available at pharmacies)
- 1 cup warm or cool water

Mix ingredients. Swish lubricant in mouth, then spit it out.
Do not drink the solution.
