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SUGGESTED TREATMENTS FOR SALIVARY HYPOFUNCTION

- **Vitamin E softgel** -- 400 IU 3 times a day
Directions:
 1. Cut the top of the capsule open with scissor (or bite and chew).
 2. Squeeze into mouth (rub it all around if necessary).
 3. Swish and spit out.
- **Omega-3 fatty acid fish oil** 1200 mg or **Flaxseed oil** -- 1000 mg 3 capsules
- **Sonicare or Oral-B electric toothbrush** -- use 3 times a day
Directions:
 1. Place the head of toothbrush on each tooth for 10 seconds, front and back.
 2. Brush the tongue in strokes from back to front.
- **Sugar-free 100% Xylitol gum and/or mints** -- as needed (Amazon.com or Spry/Epic)
- **Prescription strength fluoride toothpaste** -- (e.g., Prevident 5000)
- **MI Paste Plus** -- (topical cream with calcium and phosphate)
Directions:
 1. Use before bed 30 minutes after prescription fluoride toothpaste.
 2. Put a pea-size amount on finger or Q-tip swab.
 3. Rub around teeth and all mucosa and tongue.
 4. Leave on and go to bed.
 - Line inside of dental mouth guard or bleaching tray, if accessible, for sleep.
- **Humidifier** -- Set at 50% in your bedroom.
- **Olive oil** – as needed.
Directions:
 1. Rub oil all around mucosa and tongue.
- **Caphosol Rinse, NeutraSal, or baking soda** – Rinse 3 times a day.
Directions:
 1. 1 tablespoon baking soda and 1 teaspoon salt in 8 ounces of water.
 2. **Caphosol and NeutraSal Rinse**—use as directed on box.

- **Evoxac/Cevimeline or Salagen/Pilocarpine Hcl** – Titrate to maximum dosage (stimulates salivary glands/salivary flow).

Directions:

1. Start by taking 1 pill with food (breakfast) for 7 days.
2. If this is tolerated well (no reactions, or if side effects are tolerable), increase dose to 2 pills a day with meals for 7 days.
3. If this is tolerated well, increase dose to 3 pills a day with meals for 7 days.
4. If this is tolerated well, increase dose to 4 pills a day with meals for 7 days.
This is the maximum dosage. Do not exceed 4 pills a day.

Continue at this dosage unless a reaction occurs.

*** If a reaction occurs, decrease dosage by 1 pill a day.

- **General Dentist** – every 3 months for cleanings and any dental treatments.
- **Fluoride Varnish** – every 3 months (can be done at your dental office).

Directions:

1. No drinking for 30 minutes after treatment
2. No eating for 1 hour after treatment
3. No brushing teeth until bedtime or at least 6 hours

Prevident 1.1% fluoride toothpaste