

# DENTAL “RECIPES”



## **Canada Dry Club Soda as a mouth rinse for dry mouth:**

- A refreshing, comforting mouth rinse that can be used full strength as often as needed
- Safe for those who are prone to swallowing prepared mouthrinses
- Has astringent and anti-bacterial properties (*contains salt and sodium bicarbonate*)

## **Baking Soda/Salt Solution for chronic nausea/vomiting:**

4 cups water  
1 tsp baking soda  
1/2 tsp salt

- Mix ingredients together, use as a mouthwash, do not swallow
- Helps to neutralize acid after vomiting due to morning sickness, bulimia, chemotherapy, GERD (*gastrointestinal reflux disorder*)
- Caution—To avoid removing acid-weakened enamel, wait 30 minutes after vomiting, then brush using a toothpaste with fluoride.



## **Solutions to help loosen hard deposits on dentures:**

### **Note:**

- Denture cleaning solutions do not replace daily denture care (brushing & disinfecting).
- Do not use these solutions on dentures with metal parts as they will corrode!

### **Vinegar Recipe:**

1-2 tsp of white household vinegar  
1 cup of water

- Soak denture *overnight* in solution; brush denture thoroughly and rinse well
- May need to soak 2-3 times to loosen tough, hardened deposits

### **Sodium Hypochlorite Recipe:**

1Tbsp of sodium hypochlorite (*household bleach*)  
2 tsp Calgon  
4 oz. of water

- Mix to dissolve ingredients; soak denture in solution for *10-15 minutes*
- Brush denture thoroughly and rinse well before replacing