



Treatment Plan- Elaine Devries

5/09/2025

The following recommendations aim to address the main focus of our consultation which was to resolve the chronic dry mouth you are experiencing.

Suggested Treatment:

Aloe Vera Juice Mouthwash

Aloe Vera is a demulcent which soothes, protects and adds moisture to the mucous membranes of the body.

Directions for use: 1Tbsp. of Aloe Vera juice, rinse around mouth for approximately 30 seconds, then swallow. Repeat twice per day.

Ginger Root Tea

Ginger is a sialagogue which stimulates saliva production and may assist in relieving dry mouth.

Directions: Place 1-2 tps. in 1 cup of boiling water. Allow to steep for 5-10 minutes.

Other Recommendations

- Include foods into your daily routine with a high-water content such as celery, watermelon, cucumber or pears.
- Avoid dry and salty foods (which can cause further irritation) such as crackers, toast, nuts, chips.
- Add crunchy foods to your daily routine that require a lot of chewing (e.g. apples, carrots, celery). Just keep in mind apples are acidic and could possibly cause further irritation however, I would still encourage you to try them and see how you go as it's likely not an issue.
- Sip water, herbal tea or coconut water (a natural electrolyte) regularly throughout the day.

Follow up Appointment- 20 September 2025

At this time, we will review your symptoms and above treatment plan as well as the following:

- Provide additional suggestions to resolve your dry mouth
- Discuss and identify possible causes for the chronic overnight phlegm production and possible treatments that may assist. Determine if further investigations are required.