

## General Protocol

### Morning:

1. Use Xlear Nasal Spray
2. Brush with Spry Toothpaste
3. Gargle with Spry Oral Rinse
4. After breakfast chew 2 pieces of Spry Gum – Chew 4 to 5 min

### Mid-Morning:

5. Chew 2 pieces of Spry Gum or use 2 pieces of Spry Mints

### Lunch Time:

6. chew 2 pieces of Spry Gum – Chew 4 to 5 min

### Mid Afternoon:

7. Chew 2 pieces of Spry Gum or use 2 pieces of Spry Mints

### Evening:

8. Following dinner, chew 2 pieces of Spry Gum
9. Rinse with Spry Oral Rinse prior to flossing your teeth
10. Brush with Spry Toothpaste
11. Use Xlear Nasal Spray before bedtime

### Anytime

Chew 2 pieces of Spry Gum or use 2 pieces of Spry Mints to freshen

### School Age Children

1. **In the morning before leaving for school: Chew 2 pieces of Gum after TB (1.4 grams)**
2. **Put 1 packet of Xylosweet (4 grams) in bottle of room temp water and pack for lunch.**
3. **Give the child 5-6 Sparx (1.25-1.50 grams) candies to suck on after eating lunch.**
4. **Give the child 2 pieces of gum to chew when they get home from school.**
5. **Give the child 5-6 Sparx candies to suck on after TB at bedtime.**

### Xerostomia

1. **Mucositis and Severe Xerostomia** Use together and as needed: Xlear Nasal Spray, Rain Spray, Kids Tooth Gel (soon to be Rain Gel) Suck on SparX candies and/or Spry Lemon Mints or Berry Mints as needed.
2. **Xerostomia due to medications** use Xlear Nasal Spray, Rain Spray and chew Spry Gum, suck on Spry Mints and SparX Candies.

## **Sore Throat**

- Chew Spry Gum or suck on Spry Mints (at least 5 times), Spry Rain (spray on throat every few hours), Xlear Nasal Spray (every few hours)

## **Dependent/Hospice/Oncology/Elder/Sjogrens Care**

- Follow General Protocol for therapeutic exposures as possible, using Infant care gel for brushing Lining denture with the gel can ease insertion and soreness.
- Rain Moisturizing gel can be easily applied by caregiver to a dependent individual. Small ribbon applied to upper front teeth 5-6 times a day and at bedtime. Also helps prevent aspiration pneumonia for ICU or ventilator patient.
- Supplement with candies and mints several times a day

## **Upper respiratory care**

- Preventive - xylitol nasal spray twice a day, morning and night
- Use more often when exposed to pollens, crowds, airplane environment, allergic rhinitis to prevent secondary infections
- Netti Pot with Xylitol salts for severe allergy sufferers
- Rain Moisturizing gel can be easily applied by caregiver to a dependent individual. Small ribbon applied to upper front teeth 5-6 times a day and at bedtime to help prevent aspiration pneumonia in ICU or ventilated patient.

## **Recommended Protocol During Pregnancy and for Toddlers and Infants**

- Follow General Protocol for therapeutic exposures
- Pregnant mom chews xylitol gum or mints
- Parent continues to chew xylitol gum for two years while teeth are erupting to protect against the vertical transmission of S. Mutans. about 5 minutes with the pacifier filled with Infant Gel after each bottle feeding several times a day.
- Swab oral cavity with Pea size drop of Infant Gel after feeding if reluctant to use Pacifier
- Banana brush for teething, (can be frozen) first TB, use gel instead of paste

## **TEENS and ORTHODONTIC PATIENTS**

- Follow General Protocol for therapeutic exposures
- Supplement with SparX candies and mints
- Use Rain Moisturizing Spray several times a day as a "breath freshener"