

ARTIFICIAL SALIVA

Patient Information leaflet

ARTIFICIAL SALIVA

Frequently Asked Questions (FAQ)

Q. What is artificial saliva?

A. Saliva is a fluid substance that secretes in the oral cavity by parotid, submandibular and submental salivary gland and in small quantity by minor salivary glands as well. Mainly it contains 99.5% water, 0.5% mucus. It has proteins in the form of Immunoglobulin, and salivary amylase- enzymes. Saliva has several functions in mouth cavity, of them moisturising effect and auto- cleanses of the food residue inside mouth are essential. It helps prevent infection by controlling the load of bacteria and fungi in our mouth cavity.

Q. If you have less amount of saliva, what may happen to you?

A. If your salivary flow is less, you may have more dental decay because auto-cleansing inside mouth cavity is affected, and which may develop dental decay, fungal infection, foul breath, difficulty in swallowing food and you may not be at ease while speaking to someone.

Q. What is saliva substitute?

A. Saliva substitutes are artificial saliva prepared for you. The composition of artificial saliva will not affect your mouth cavity and other part of the body. There are few things added in artificial saliva, of them Sodium Fluoride which helps to prevent dental decay of your tooth enamel. Usually due to dry mouth the teeth are not cleaned up automatically, so your teeth are more prone to develop dental decay (dental caries).

Q. Is it bland to use?

A. No. We have given three flavours of essence, vanilla, strawberry and lemon. Therefore you may choose one from among three that you may like.

Q. What is the dose of artificial saliva?

A. Artificial saliva [30-50 ml/day (1-2 tea spoons full) for at least 5 days per week]

ARTIFICIAL SALIVA

Q. When should I Use?

A. Artificial saliva can be used when you suffer from or diagnosed as Dry Mouth (Xerostomia), sore mouth or throat (Mucositis), and Oral Thrush (Candida). Your doctor will suggest you and explain little more about these conditions. You may ask a question to your doctor.

Q. What is the amount (volume) I need to take inside mouth in one time?

A. Take 5ml (roughly 2 tea spoon full) of artificial saliva into the mouth after three main meal including any snacks in between meals; rinse the saliva after each food and holding them inside mouth cavity for 10-15 minutes.

Q. Can I wash my mouth after spitting out?

A. No, you better take a mouth bath after 30 minutes. This will help adhere the saliva little more time.

Q. Is there an adverse (bad) effect of the artificial saliva?

A. There are no major adverse effects known but in case of the patient who is allergic to the compounds present in this product might have irritation or allergic reaction. If it happens, stop using them, and contact immediately to your doctor or an emergency department of nearest hospital

Q. Can I swallow (drink) this artificial saliva?

A. No, you just rinse this artificial saliva inside your mouth cavity for 10-15 minutes and spit it out.

Q. How long can I store this artificial saliva?

A. Not more than two weeks

Q. Shall I keep in refrigerator?

A. No, but keep the bottle in cool dry and out of sun light.

Q. Is it harmful if the children dink this artificial saliva by mistake?

A. Any item non-edible must not be taken inside stomach, always keep out of reach of the children.

ARTIFICIAL SALIVA

Contact

Project coordinator and proposer

Professor Chitta Ranjan Chowdhury

Chief, Oral & Head-Neck Oncology PhD and Fellowship Programme, SGCC&RI, Kolkata and

Head, Department of Oral Biology & Genomic Studies, Nitte University Dental College
(ABSMIDS)

Mangalore, India

Mobile: 08861315150 P. 0824 22 04 623.

Email: crc.ob.cod@gmail.com chitta.choudhury@absmids@nitte.edu.ac

20 March 2016.