

Welcome to Module 7

The Oralieve®
Dry Mouth Relief
product range



THE ORALIEVE® DRY MOUTH RELIEF PRODUCT RANGE

Oralieve® Dry Mouth Relief products have been specifically designed and tested with dry mouth sufferers to help supplement the natural protective enzyme system in saliva, to provide effective and lasting relief from the symptoms of dry mouth. The formulation uses an enzyme system similar to saliva including Lactoperoxidase and Lactoferrin, helping to supplement the natural protective system. All products include xylitol which helps enamel to remineralise.



Why recommend the Oralieve® Dry Mouth Relief product range?

- The whole range is free from Sodium Lauryl Sulfate (SLS) an ingredient to be avoided in patients with dry mouth due to its drying and irritation properties
- Oralieve® Ultra Mild Toothpaste and Alcohol Free Mouthrinse contain fluoride to help promote general oral health
- The Oralieve® Dry Mouth Relief product range has a pH of 5.8 which is above the level at which enamel begins to demineralise (5.5)
- The range contains very mild flavourings to help limit further irritation

✓ SLS free

✓ Alcohol free

✓ No strong flavours



Oralieve® Moisturising Mouth Gel

- ✔ Works instantly to relieve the symptoms of dry mouth
- ✔ Lasting dry mouth relief. Ideal for night time use
- ✔ Neutral tasting
- ✔ Contains xylitol to help protect
- ✔ Available on prescription



How to use Oralieve® Moisturising Mouth Gel

The use of a moisturising mouth gel can be a completely new step in a patient's oral care routine – one that can offer great benefits but may require some adjustment. Some people find the introduction of a gel into the mouth a challenge, particularly if the area is very dry or sore, however advise them to stick with it as they will feel the benefits.

Oralieve® Moisturising Mouth Gel is designed to help provide lasting relief and can be used as often as needed.

Simple steps on next page.



Ingredients: Aqua, Glycerin, Xylitol, Poloxamer 407, Sodium Benzoate, Monosodium Phosphate, Xanthan Gum, Aroma, Disodium Phosphate, Benzoic Acid, Whey Protein, Lactoferrin, Lactoperoxidase, Potassium Thiocyanate, Glucose Oxidase

Contains milk proteins. Not suitable for patients with a milk allergy

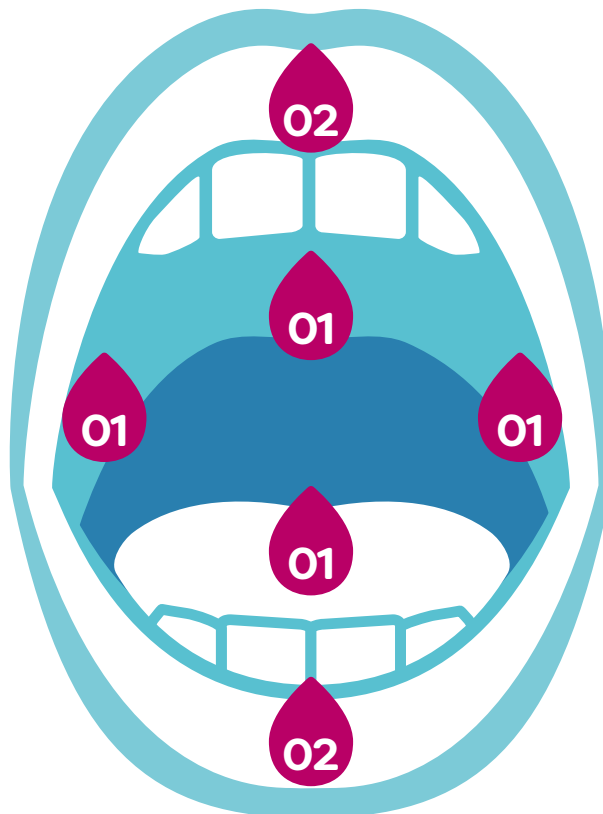
Not suitable for children under 12 unless directed by a healthcare professional. Keep out of reach of children.

How to use:

STEP 01: Using your finger, apply **Oralieve® Moisturising Mouth Gel** around the front of your top gums. Then use your tongue to spread the gel over the inside of your mouth covering the cheeks, gums and the roof of your mouth.

STEP 02: If your lips are dry or cracked, apply **Oralieve® Moisturising Mouth Gel** to the affected areas for instant hydration.

If you wear dentures, apply a small amount of **Oralieve® Moisturising Mouth Gel** underneath the dentures to help provide moisture on your palate, retain your denture and prevent any sore spots.



Oralieve® Moisturising Mouth Spray

- ✓ An easy to use discreet dispenser for on-the-go dry mouth relief
- ✓ Pleasant tasting
- ✓ Contains xylitol
- ✓ Available on prescription



How to use Oralieve® Moisturising Mouth Spray

Oralieve® Moisturising Mouth Spray has been developed for instant moisture that may be needed during the day and when 'on-the-go'. The pocket sized spray is practical and convenient for day time use anywhere. For added comfort Oralieve® products don't contain alcohol, menthol, strong flavours or detergents.

Simple steps on next page.

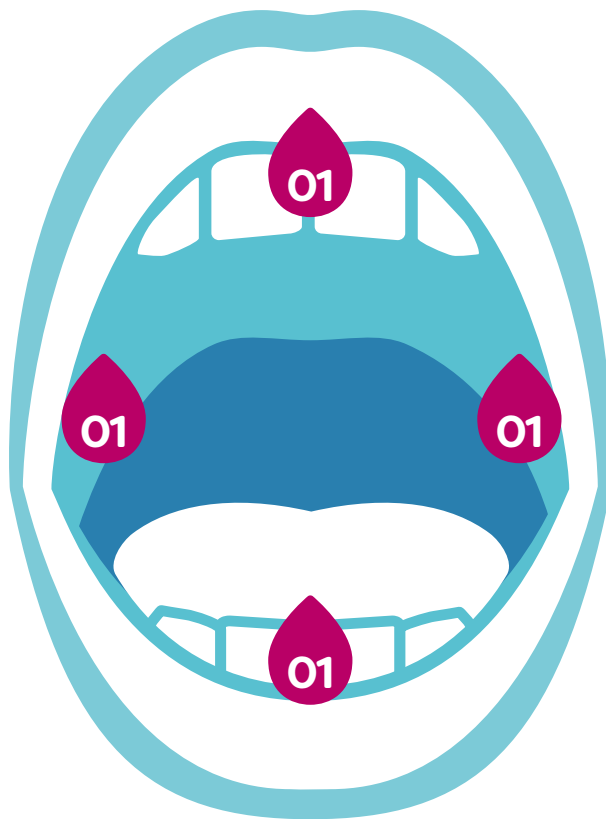


Ingredients: Sorbitol, Glycerin, Hydrated Silica, Glucose, Xylitol, Cellulose Gum, Sodium Monfluorophosphate 1450ppm, CI77891, Aroma, Sodium Benzoate, Whey Protein, Lactoferrin, Lactoperoxidase, Potassium Thiocyanate, Glucose Oxidase Disodium, Aqua

Contains milk proteins. Not suitable for patients with a milk allergy

How to use:

STEP 01: For maximum benefit spray **Oralieve® Moisturising Mouth Spray** on the inside of each cheek, gums and tongue as opposed to into the back of the throat. This will create a film-like structure in your mouth helping to provide instant moisture, promoting fresh breath and a healthy mouth.



STEP 02: Repeat the application of **Oralieve® Moisturising Mouth Spray** as often as required to help your mouth feel fresh and comfortable throughout the day.

Oralieve® Ultra Mild Toothpaste

- ✓ Contains 1450 ppm fluoride to help protect teeth – in line with guidance
- ✓ Contains xylitol
- ✓ Very mild mint flavour
- ✓ Can be used as a patient's twice daily oral care routine
- ✓ SLS free – non-foaming which makes it suitable for bed bound patients, those with dementia or patients who may not like foam



Ingredients: Sorbitol, Glycerin, Hydrated Silica, Glucose, Xylitol, Cellulose Gum, Sodium Monfluorophosphate 1450ppm, CI77891, Aroma, Sodium Benzoate, Whey Protein, Lactoferrin, Lactoperoxidase, Potassium Thiocyanate, Glucose Oxidase Disodium, Aqua

Contains milk proteins. Not suitable for patients with a milk allergy

Children of 6 years and under: use a pea-sized amount for supervised brushing to minimise swallowing. In case of intake of fluoride from other sources consult a dentist or doctor. Remove seal before use. Do not use if seal is missing or broken. Close cap after use.



Oralieve® Alcohol Free Mouthrinse

- ✓ Contains 225 ppm fluoride to help protect teeth from decay
- ✓ Free from ingredients which would cause irritation towards a dry mouth as: alcohol, SLS and strong flavours
- ✓ Helps maintain general oral health and freshness



Ingredients: Aqua, Glycerin, Xylitol, Sodium Fluoride 225ppm, Poloxamer 407, Sodium Benzoate, Monosodium Phosphate, Xanthan Gum, Aroma, Disodium Phosphate, Benzoic Acid, Whey Protein, Lactoferrin, Lactoperoxidase, Potassium Thiocyanate, Glucose Oxidase

Contains milk proteins. Not suitable for patients with a milk allergy

Not suitable for children under 12 unless directed by a healthcare professional. Keep out of reach of children. Do not swallow. Remove seal before use. Do not use if seal is missing or broken. Close cap after use.



What type of patient is the Oralieve® Dry Mouth Relief product range suitable for?



Barbara 52



Barbara suffers from Sjögren's Syndrome. She loves to socialise at the golf club however she does worry her dry mouth is causing halitosis which she is conscious of when talking to friends.

What can you recommend to Barbara?



Oralieve® Moisturising Mouth Spray

The pocket-sized format of Oralieve® Moisturising Mouth Spray is ideal to use on-the-go. A quick spray on the inside of each cheek can provide up to 2 hours dry mouth relief. Barbara can use as often as required





Other products to recommend to patients with Sjögren's Syndrome

Oralieve® Ultra Mild Toothpaste and Oralieve® Alcohol Free Mouthrinse – contains fluoride to help protect the patient from tooth decay. The formulation is suitable for dry mouth sufferers as it is free from ingredients that can cause irritation such as SLS, strong flavours and alcohol. Advise the patient to use as part of their twice daily oral care routine.

Oralieve® Moisturising Mouth Gel – If a patient suffers at night Oralieve® Moisturising Mouth Gel could be a suitable solution. Especially adapted for night-time use, apply the gel to the finger and then to the inside of the cheeks, gums, roof of the mouth and tongue before bedtime for lasting relief.



Dora 80

Dora is on a number of prescription medicines as she suffers with dementia. As a result of being on a number of medications she suffers from a dry mouth. On top of this, physical limitations due to her condition have also caused her difficulties in maintaining good oral hygiene.

What can you recommend to Dora?



Oralieve® Ultra Mild Toothpaste

The non-foaming and mild flavouring properties of Oralieve® Ultra Mild Toothpaste will not cause further irritation to a dry mouth. Encouraging her to brush twice daily or after each meal can help provide support from the symptoms of dry mouth. What's more, as the product does not foam there is no need to expectorate making it ideal for use by a carer.

The carer could also use **Oralieve® Moisturising Mouth Spray** to help maintain moisture throughout the day.



Jenny 42

Jenny suffers from dysphagia. She often struggles to keep on top of her oral care routine due to the limitations of what she can tolerate. As a result of the severity of her dysphagia she is nervous to drink large quantities of water as there is a risk of choking. Her mouth is often left very dry which can lead to dehydration.

What can you recommend to Jenny?



For patients with dysphagia, like Jenny, or who are nil by mouth **Oralieve® Moisturising Mouth Gel** can provide support. Apply to the gums, cheeks, tongue and roof of the mouth for instant moisture. A second option would be to use **Oralieve® Moisturising Mouth Spray** – a lighter option than the gel, spray on the inside of each cheek, gums, tongue and roof of the mouth. Be careful not to spray it to the back of the throat.



Alex 45

Alex suffers from sleep apnoea, a common disorder where a patient's breathing pauses when sleeping. Pauses can last from a few seconds to minutes. As a result of this, Alex has to sleep with a CPAP machine which causes him to wake up in the night with a very dry mouth.

What can you recommend to Alex?



Oralieve® Moisturising Mouth Gel has been specifically designed to last for night time use. Apply to the insides of the cheeks, gums, tongue and roof of the mouth before bedtime to benefit from its moisturising properties. Alternatively, a patient may prefer to use the lighter format of **Oralieve® Moisturising Mouth Spray**.

Both products are also ideal for patients who snore or mouth breathe.



END OF MODULE QUESTIONS:



Which two Oralieve® Dry Mouth Relief products are available on GP prescription?

- a. Oralieve® Moisturising Mouth Gel ☐
- b. Oralieve® Moisturising Mouth Spray ☐
- c. Oralieve® Ultra Mild Toothpaste ☐
- d. Oralieve® Alcohol Free Mouthrinse ☐



How many parts per million fluoride does Oralieve® Ultra Mild Toothpaste contain?

- a. 1350 ppm fluoride ☐
- b. 1400 ppm fluoride ☐
- c. 1450 ppm fluoride ☐
- d. 1500 ppm fluoride ☐



What is the Oralieve® Dry Mouth Relief product range free from? Tick all that apply.

- a. Strong flavours ☐
- b. Xylitol ☐
- c. SLS (Sodium Lauryl Sulphate) ☐
- d. Alcohol ☐
- e. Fluoride ☐



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HELLO@ORALIEVE.CO.UK TO RECEIVE YOUR CPD CERTIFICATE

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Position in practice	<input type="text"/>
Practice name	<input type="text"/>
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Well done for completing Module 7!

Check out some of the other modules if you haven't yet done so. Otherwise sit back and relax, your work here is done!