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TASTE CHANGES MANAGEMENT

Brush your teeth upon arising in morning, after meals, and before bed.

Use mouth rinses before meals and at bedtime and as needed throughout each day.

Make mouth rinse fresh daily: ½ tsp salt, ½ tsp baking soda in 2 cups warm water.

Avoid alcohol-based mouthwash.

Suck on hard candy or chew sugar-free gum to decrease bitter or metallic tastes.

If you have metallic taste, try using plastic utensils and non-metal containers.

Add spices (basil, oregano, mint) or garlic to improve flavor.

Try taking Zinc tablets 50 mg daily.

WHEN TO CALL:

Please call if you are concerned - on any day - at any time- about any issue!

Please call EARLY if you are not well, so that an office visit may be scheduled if needed.

Inability to eat or drink.

If you have no relief of symptoms.