Salt Water Gargle

This solution will help make your mouth and throat feel better.

HOME CARE INSTRUCTIONS

- Mix 1 teaspoon (4.9cc) of salt in 8 ounces (236 ml) of warm water.
- Gargle with this solution as much or often as you need or as directed. Swish and gargle gently if you have any sores or wounds in your mouth.
- Do not swallow this mixture.

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