



Helping Hands

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MAGIC MOUTHWASH

Magic mouthwash is a homemade remedy that can help with sore throats and mouth sores in children. The usual concoction contains diphenhydramine (the active ingredient in Children's Benedryl) for pain relief, and an antacid for coating the mouth and throat. Magic Mouthwash has offered quick relief to sore throats, ulcerations, and canker sores (aphthous ulcers) in children. The concoction has also been positively reviewed by parents.

Magic Mouthwash **Recipe**:

- ❖ 50:50 mixture of Benadryl and an antacid
 - One part Benadryl
 - will vary for different children
 - base the Benadryl dosage on patient's age and weight, and **DON'T** exceed maximum prescribed dosage for Benadryl
- ❖ Equal part antacid liquid:
 - Options (choose one): Maalox, Milk of Magnesia OR Mylanta
- ❖ Dilute with a bit of water
- ❖ **DON'T** use viscous lidocaine in this mixture for children as is recommended on some online sites; its use can be life-threatening!

Swish and gargle the mixture for approximately 1 minute, and spit out. If the Benadryl dosage is appropriate for age and weight, it is safe to swallow the remainder of the Magic Mouthwash once the majority has been spit out.

For maximum benefit of the Magic Mouthwash, rinse every 4-6 hours. Don't eat or drink for 30 minutes after using. This is to ensure that the medicine has enough time to produce the optimal effect.

Possible side effects: problems with taste, burning or tingling sensation in mouth, drowsiness, constipation, diarrhea and nausea.