

Instruction Sheet for Chapped Lips

Chapped Lips

Instructions for Patients

©2020 SQUIGLE, Inc. (Last revision: July 15, 2020)

These instructions are provided as a guide to patients who have been diagnosed by a physician or dentist. They have been created after hundreds of hours of discussions with patients and physicians. They are not meant to be rigid and unchanging. Of course, we hope they work for you. But if they don't, please contact SQUIGLE, Inc. at 1-877-718-0718 (9 am to 5 pm, EST).

This is crucial in preventing chapped lips: Use [SQUIGLE®](#), [SQUIGLE JR®](#) or [TOOTH BUILDER®](#) Toothpaste exclusively. All are free of SLS (sodium lauryl sulfate) and other irritating ingredients, such as cocamidopropyl betaine, tartar control agents and bleaches. SQUIGLE®'s flavor is mild to prevent irritation of delicate tissues, SQUIGLE JR is raspberry flavored, and TOOTH BUILDER® is flavor free. All have 36% Xylitol to prevent plaque and cavities better than regular toothpaste.

Chapped lips (also called cheilitis, angular cheilitis, exfoliative cheilitis, cheilosis) occur mostly in the winter, when the humidity is low. In response to the belief that dry lips result in chapping, manufacturers have created various kinds of lip creams and waxes. But there is something more basic that leads to chapped lips; namely, the use of irritating toothpastes and mouthwashes, which can lead to sloughing of lip skin in those who are susceptible. If you are susceptible to chapped lips, consider the following steps to keep your lips smooth:

- Use [SQUIGLE](#), [SQUIGLE JR](#), and/or [TOOTH BUILDER](#) Toothpastes as an alternative to more common brands.
- Avoid spicy foods containing chili and pepper and strongly acidic foods.
- Use a high-quality moisturizer on your lips throughout the day and night -- in particular, when you are in low-humidity conditions, both indoors and out.