

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Management of Dry Mouth

## Why is saliva so important?

- neutralize acids from food & drink
- aid in proper speech and articulation
- help strengthen teeth by delivering calcium, phosphate and fluoride to the teeth
- protect exposed root surfaces
- helps to positively impact the immune system

## More than 500 commonly used drugs create dry mouth (Especially)

- |                     |                    |                   |
|---------------------|--------------------|-------------------|
| • anti-histamines   | • anti-Parkinson's | • analgesics      |
| • anti-depressants  | • diuretics        | • anti-diarrheals |
| • anti-psychotics   | • anti-anxiety     | • bronchodilators |
| • anti-cholinergics | • decongestants    | • muscle relaxant |

## What you can do (for comfort and to reduce cavity risk)

### 1. Increase quantity of saliva

- use Xyli-melts (effects last 4-6 hours) - buy at Shoppers Drug Mart
- use Xylitol containing gum or mints - buy at Shoppers Drug Mart
  - Therapeutic: X-pur (20g day)  
Gum 1-2 pieces (3-5x day)  
Mints 2-4 pieces (3-5x day)
  - Preventative: Pur, Spry - buy at Health food stores

### 2. Home care

- brush, floss, clean tongue (minimum 2x day)
- clean teeth after all meals and snacks when possible

### 3. Remineralizing toothpastes & Fluoride rinses (10% Xylitol - therapeutic) •

- D 0.05% NaF rinses (Opti-rinse) 1x day- Do not rinse/swallow - Shopper's
- X-pur Remin toothpaste 1-2 x day - Do not rinse - online or dental office.

### 4. Other recommendations

- avoid mouth rinses with alcohol & toothpastes with high sodium lauryl sulfate
- drink water regularly throughout the day
- use a humidifier to add moisture to your room
- avoid anti-histamines & decongestants
- limit alcohol and caffeine consumption
- caution with hard, dry or crunchy foods
- limit sugar consumption (food/drink) & carbonated drinks (pop)
- more frequent dental visits
- For comfort Biotene mouth rinse, oral moisturizing gel, toothpaste, spray