**TIPS FOR XEROSTOMIA – dry mouth**

- Review current medications and xerostomic effects with your healthcare team
- Be advised that it is necessary to lubricate mouth with oral moisturizing products, as sipping water is not enough...saliva is more complex than water, and it is vital to control the pH of the oral cavity
- Meticulous oral hygiene using mild SLS-free, low abrasive, fluoridated toothpaste (AM/PM/after every meal/snack)
- Floss and/or interdental cleaners per assessment
- *FOLLOW EACH BRUSHING with oral moisturizer & remineralizing medication.*
- Using a large pea-sized amount of gels 4-6 times daily, applying with a clean index finger.
- Chewing sugarless, xylitol gum/lozenges with moisturizing ability
- Carry oral moisturizing spray for quick relief & also place on nightstand
- Chew sugarless, xylitol gum/lozenges with moisturizing ability
- Apply lip lubricants (or balms) & sun protection daily and nightly
- Carry a small water bottle so you can take sips during the day, but avoid constant sips.
- Avoid alcohol & hydrogen peroxide oral rinses, as they are irritating to dry tissue. Ask your clinician about calcium phosphate prescription rinses.
- Avoid alcoholic, carbonated and caffeine-containing drinks.
- Be cautious regarding sugary or acidic juices/sports drinks that can irritate the mouth and negatively affect mouth pH, substitute fruit-flavored drinks or milk.
- Drink liquids with meals and use gravies, sauces, yogurt, broth, margarines, and mayonnaise to make food easier to swallow.
- If it’s too difficult to eat a full meal, suggest eating smaller, more frequent meals. Drink liquids with meals and use gravies, sauces, yogurt, broth, margarines, and mayonnaise to make food easier to swallow.
- Avoid dry foods (cookies, toast and crackers), or soften them with liquids before eating
- Avoid overly salty, sweet, or spicy foods.
- Avoid chewable vitamin C tablets and acidic, sugared lozenges.
- Suggest switching 'hard to swallow’ medications to other available dosage forms.
- Request instruction in applicable pill crushing protocol.
- **Tablets and capsules are easier to swallow if you drink a little water first, then lubricate prior to swallowing medication (with ½ teas.) with oral moisturizer gel or moisturizing spray (4 sprays), followed by at least half a glass of water.**
- Strongly consider the use of a humidifier/vaporizer, especially at bedtime.
- Conduct a daily mouth exam: check the inside of the cheeks, the roof of the mouth, gums and tongue daily for red, white or dark patches and ulcers, report them to dental team
- Be vigilant regarding regular dental cleanings, request fluoride varnish per oral assessment
- Prior & following dental procedures use lip and oral moisturizers for comfort.
- Investing in a power toothbrush & travel toothbrush with a small head for increased comfort
- A gentle setting for power toothbrushes and water irrigation devices
- Brush tongue with a toothbrush or tongue-scaper

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*The information presented demonstrates the top tips for dry mouth...each person presents varied symptoms and levels of dryness on a daily basis. Being “proactive” with appropriate products & utilizing tips can help you achieve oral health and comfort, improve nutritional status, prevent or minimize dental decay and periodontal disease, assist with long term management and improve the quality of life while living with dry mouth.*

Valley Forge Dental, March 2017
Product Considerations and Websites
The following are not product endorsements. They are recommendations to discuss with your dental team.

1. Fluoridated Toothpaste:
   • Premier Enamelon Fluoride Toothpaste – www.enamelon.com
   • Pronamel – www.pronamel.us
   • Biotene – www.biotene.com
   • Tom’s of Maine – www.tomsofmaine.com
   • Xerostom toothpaste – www.biocosmetics.es
   • Closys Anticavity Fluoridated Toothpaste – www.closys.com
   • Curaprox toothpaste – www.curaprox.com
   • Colgate Prevident 5000 Dry Mouth Toothpaste (Prescription Only) – www.colgate.com

2. Floss/Interdental Cleaners:
   • GUM Soft-Picks – www.gumbrand.com

3. Oral Moisturizer/Remineralization Medication:
   • MighTEAFlow oral rinse/gel/spray: www.camellix.com
   • MedActive rinse/gel/spray/lozenge – www.medactive.com
   • MI Paste/MI Paste+ - www.mi-paste.com
   • Voco Remin Pro paste – www.voco.com
   • Xerostom gel/spray/capsules – www.biocosmetics.es
   • Xlear Moisturizing Nasal Spray and xylitol products – www.xlear.com

4. Sugarless Gum/Lozenges:
   • MighTEAFlow gum and lozenges: www.camellix.com
   • Xylimelts Discs – www.oracoat.com
   • Xerostom sugar-free gum – www.biocosmetics.es

5. Lip Lubricants/Balms for moisture and sun protection:
   • AverTEAx Lip Care/Cold Sore Treatment – www.camellix.com
   • Aquaphor lip repair, containing shea butter - www.AquaphorHealing.com

6. Prescription Mouth Rinses/Treatments:
   • SalivaMax – www.forwardscience.com/salivamax
   • NeutraSal – www.neutrasal.com
   • Caphosol - http://www.eusapharma.com/products/caphosol
   • Salagen (pilocarpine hydrochloride) – www.pfizer.ca
   • Episil oral pain relief liquid spray – www.episil.net
   • Aquoral Protective Oral Spray – www.aquoral.com

7. Humidifier/Moisturizers:
   • Hunter Home Comfort Personal or Ultrasonic Humidifier – www.hunterhomecomfort.com

8. Electric/Manual Toothbrushes/Oral Irrigation:
   • Waterpik Water Flosser – www.waterpik.com
   • OralB Electric Toothbrush – www.oralb.com
   • Sonicare Electric Toothbrush - http://www.usa.philips.com/c-m-pe/electric-toothbrushes
   • Curaprox Super Soft Toothbrush and Tongue Scraper – www.curaprox.com