XEROSTOMIA / DRY MOUTH

Xerostomia, or dry mouth, is decreased or absent saliva. It is uncomfortable and often chronic. Our goals are to make dry mouth tolerable and to improve oral health.

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Dry mouth is a common problem caused by a variety reasons. Medical conditions such as allergies, asthma, acid reflux, C-PAP, chemotherapy, diabetes and radiation can all lead to dry mouth. Many medications are known to cause dry mouth. Aging, smoking and mouth breathing also contribute to the lack of saliva.

Saliva provides important lubrication for chewing and swallowing, and its enzymes initiate digestion. Difficulty with swallowing can lead to nutrient absorption issues, to choking, to indigestion, and to restricted food choices. Saliva bathes teeth in minerals which prevent decay. Lack of saliva creates an acidic environment which can lead to bacterial growth, bad breath, sore tissue, and cavities. Dry mouth can also limit one's ability to taste.

Suggestions to alleviate dry mouth include lifestyle modifications and products:

- Avoid/limit caffeine.
- Avoid/limit alcohol and mouthwash with alcohol.
- Avoid acidic beverages - soda, seltzer, energy and sports drinks.
- Avoid gum, candy, cough drops, gummy vitamins, chewable Vitamin C, TUMS, and beverages that contain sugar.
- Avoid toothpaste with SLS, tartar control, or whitening agents.
- Stay hydrated with water- half your body weight in ounces/day.
- Drink milk with meals to help with swallowing.
- Use a humidifier at night.
- Use Lanolin lip moisturizer (NOT petroleum).
- Use Olive oil or coconut oil on gums or tissue before bed.
- Sleep on your side to reduce mouth breathing.
- Try mouth taping if nasal breathing is possible.
- Rinsing with warm salt water or brushing with baking soda helps neutralize acids.

Dry Mouth Products We Recommend



Salivea (contains eggs and milk)



Closys



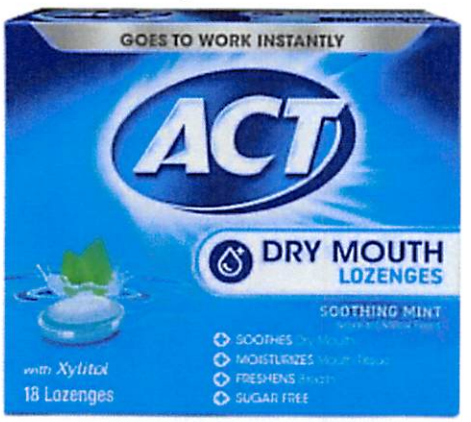
All Day



Xylimelts



Basic Bites



ACT



Therabreath

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