

# Dry mouth



## ASK YOURSELF?

The causes of dry mouth can be many including:

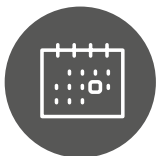
- Anxiety
- Diabetes
- Dehydration
- Head & Neck Radiotherapy or Chemotherapy
- Sjögren's syndrome (Dry eyes and dry mouth)
- Diuretics
- Antihistamines
- Antidepressants
- Diet – High sugar or salty diet
- Change of medication
- Dry mouth – how long have you had it?
- Is it affecting eating?
- What have you done to relieve symptoms?



## ADVICE

WE SUGGEST:

- Regular sips of water
- Saliva stimulants
- Sugar free gum
- Artificial saliva substitutes
- If cause is due to medications – then a medical consultation is required
- Chronic dry mouth is a risk factor for tooth decay – brush twice daily with fluoride toothpaste (sodium lauryl sulphate free) and use fluoride mouthwash after meals
- Seek advice from a dentist for long term oral care management



## FOLLOW UP

- Regular dental check-ups
- Practice self-care by brushing twice daily and interdental cleaning
- You may require high fluoride toothpaste as prescribed by the dentist
- Persistent symptoms may require referral to a specialist via the dentist to exclude other causes such as Sjögren's syndrome



## ALERT

- Patients with dry mouth who are unable to function (eat, drink, speak) properly require an urgent dental assessment



## SELF CARE

- Saliva substitutes
- Saliva stimulants (sugar free and non-acidic if natural teeth present)
- Sugar free chewing gum