

## Paladin Dental's Recommendations for Dry mouth (Xerostomia)

- avoid alcohol (including alcohol-based mouthwashes), caffeine and smoking – these can all make a dry mouth worse
- Drink plenty of water during the day and also have water next to you night stand at night to make sure you mouth stays moist during the night
- **Monitor your mouth for oral candidiasis (thrush)**
- **Avoid sugary food and drinks**
- **Use fluids while eating**
- **Protect dry lips**
- **Use a humidifier**

**Use sugar-free salivary stimulants:** To the extent that functional salivary tissue remains, the regular use of gums, mints, and candies can help stimulate salivary flow (see Table below for partial listing). Mints, lozenges, and candies should be allowed to dissolve slowly in the mouth. Dry mouth patients with natural teeth should avoid agents that contain sugar, due to their increased caries risk, and are encouraged to use products containing xylitol (see Box to right).

**Xylitol:** A natural sweetener product that differs chemically from others sweeteners such as sorbitol, fructose, and glucose. It is not easily used as a food source by bacteria and actually interferes with the growth of bacteria known to cause tooth decay. Xylitol is safe and approved as a therapeutic sweetener by the Food and Drug Administration (FDA).

Gums ( <i>manufacturer</i> )	Mints / lozenges / candies ( <i>manufacturer</i> )
<ul style="list-style-type: none"> <li>Orbit Sugarfree Gum (<i>Wrigley</i>)</li> <li>Ricochet Gum (<i>Emerald Forest</i>)</li> <li>Therabreath ZOx Mints (<i>TheraBreath</i>)</li> <li>Trident Gum with Xylitol (<i>CadburyAdams USA LLC</i>)</li> <li>Xponent Xylitol Gum (<i>Global Sweet Polyois</i>)</li> <li>XyloBurst (<i>Focus Nutrition</i>)</li> </ul>	<ul style="list-style-type: none"> <li>Mini Mints, various flavors (<i>Solaray</i>)</li> <li>Ricochet Fruit Sours &amp; Mints (<i>Emerald Forest</i>)</li> <li>Spry Mints (<i>Xlear</i>)</li> <li>Thayers Sugar-Free Citrus Dry Mouth Lozenges (<i>Thayers</i>)</li> <li>TheraMints (<i>3M</i>)</li> <li>Xylichew Mints (<i>Xylichew</i>)</li> <li>Xylitol Mints (<i>Nature's Sweet Life</i>)</li> <li>Xylitol Mints (<i>Xponent</i>)</li> <li>Xylitol Peppermint Mints (<i>BioGenesis</i>)</li> </ul>

***Saliva substitutes / moisturizing sprays / gels:*** There are many over-the-counter (OTC) products that may aid in moisturizing and lubricating the oral tissues (see Table below for a partial listing). These agents are typically available as gels or liquids. Their effects are temporary but may prove helpful for those with dry mouth. Using a saliva substitute instead of drinking water prior to sleep and when awakened, may reduce the need go to the bathroom during sleep.

<b>Saliva substitutes / moisturizing sprays / gels (manufacturer)</b>	
<p>Biotene Oral Balance Moisturizing Gel &amp; Dry Mouth Liquid (GSK)</p> <p>Entertainer's Secret (KLI Corp.)</p> <p>Mouth Kote (Parnell Pharmaceuticals)</p>	<p>Oasis Moisturizing Mouth Spray (GlaxoSmithKline)</p> <p>Saliva Substitute (Roxane Laboratories)</p> <p>Sprey Rain Oral Mist Spray (Xlear)</p>

***Alcohol free mouth rinses:*** There are numerous marketed mouthwashes that either sooth the mouth or help with re-mineralizing teeth (see Table below for a partial listing). For most patients with dry mouth, mouth rinses that are alcohol free are preferred.

<b>Alcohol free mouth rinses (manufacturer)</b>	
<p>Biotene Mouthwash (GSK)</p> <p>Crest Pro-Health Rinse (Procter &amp; Gamble)</p> <p>Eco-DenT Ultimate Natural Daily Rinse (Eco-DenT)</p> <p>Fresh Breath Mouthwash (Kiss My Face)</p>	<p>Oasis Moisturizing Mouthwash (GlaxoSmithKline)</p>

**[Link to Amazon's best Seller Products for Dry mouth](https://www.amazon.com/Best-Sellers-Health-Personal-Care-Dry-Mouth-Relief-Products/zgbs/hpc/14255252011)**

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Sources:

American Academy of Oral Medicine - <https://www.aaom.com/dry-mouth>