

Managing Dry Mouth

Tips For Managing Dry Mouth

1. Keep well hydrated with frequent small sips of water.
2. Drink liquids with meals and especially dry foods to make them easier to swallow.
3. Use sugarless citrus flavored sucking candies to stimulate saliva.
4. Use Oral Balance Moisturizing Gel as needed.
5. Try one of the commercial oral lubricants that can be sprayed in the mouth. Ask your pharmacist about the selection.
6. Ask your doctor whether you might be considered for one of the medications that stimulates saliva production.
7. Use fluoride applications under the supervision of your dentist.
8. See your dentist frequently to check for caries (tooth decay) or gum (periodontal) conditions that might occur with less than normal saliva.



How To Use Fluoride Gel

High potency fluoride gel, delivered using a custom gel applicator tray or alternatively brushed on teeth is recommended. Five minute applications (frequency determined by doctor) of a 1.1% neutral pH sodium fluoride gel or a 0.4% stannous fluoride (unflavored) gel will help protect the teeth from enamel loss and caries (tooth decay). Individuals with porcelain crowns or white resin or glass ionomer restorations should use a neutral pH fluoride.

Fluoride Applications Using a Custom Tray

- Place a thin ribbon of fluoride gel in each tray.
- Place the trays on the teeth and leave in place for 5 minutes. If gel oozes out of the tray, you are using too much.
- After 5 minutes, remove the trays and spit out any excess gel. Do not rinse the mouth.
- Do not eat or drink for 30 minutes.

Brush-on Method

- After brushing with toothpaste, rinse as usual.
- Place a thin ribbon of gel on toothbrush.
- Brush for 2-3 minutes.
- Spit out any excess gel.
- Do not eat or drink for 30 minutes.



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