

## DRY MOUTH (Xerostomia)

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### ➤ **Symptomatic Treatments:**

- Water based lubricant
- Frequent sips of water
- Oral rinses and / or gels
- Humidifier use at night
- Minimal intake of caffeine and alcohol
- Sugar free chewing gum or mints
- Saliva Substitutes

### ➤ **Avoid:**

- Mouth rinses that contain alcohol
- Sweet, sticky foods
- Spicy, acidic or dry foods
- Alcohol
- Cinnamon or Lemon flavoured lollies or gum
- Tooth paste that contain sodium-lauryl-sulfate, i.e.: Colgate Total and most other well known toothpaste brands

### ➤ **Products:**

- Water based lubricant
- Xylitol Gums and Mints
- Saliva substitutes
- **Toothpaste:** Curaprox Enzcal