

Oak Park Dental
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Dealing with Dry Mouth

What is it? Dry mouth, also called xerostomia, is the result of inadequate saliva flow. Dry mouth is not a disease, but rather a symptom of a medical disorder or side effect of certain medications. Dry mouth can also be an indicator of Sjogren's syndrome. Sjogren's is a chronic autoimmune disorder in which the body's immune system attacks the moisture-producing glands (tear secreting cells and salivary glands) as well as other organs.

What types of medications put me at risk? Antihistamines, decongestants, pain killers, diuretics and MANY others.

Common symptoms associated with dry mouth: constant sore throat, burning sensation, trouble speaking, difficulty swallowing, hoarseness and dry nasal passages.

Why is saliva important? Without saliva to protect them, teeth are at high risk of tooth decay. This decay can occur at a very rapid rate.

What can I do and what products can I use?

Sugar free candy and sugar free gum can help stimulate saliva flow. Be sure these are sugar free!

Biotene products are available at most pharmacies and online.

[Biotene mouthwash](#) full of enzymes to help moisturize your mouth

[Oral Balance Gel](#) is a great product, especially for use at night.

[Dry Mouth Spray](#)- works great to carry in a pocket or purse. Also night to keep by your bed.

[Xylimelts](#) are available online. These contain xylitol, a natural sweetener shown to help prevent decay

Depending on your specific circumstances, we may also recommend in office fluoride treatments or at home fluoride treatments using trays.