

## **Xerostomia management**

1. Drink water; carry water at all times and keep it beside the bed at night.
2. Avoid hydrating a dry mouth with cariogenic beverages such as soft drinks, citrus-flavored or carbonated water, juices, punches, teas, or any other liquid that contains sugar.
3. Use only sugar-free candies or lozenges to moisturize the mouth; those with xylitol help to prevent decay by inhibiting the growth of the bacteria that cause tooth decay.
4. Avoid using sugar-containing products (gum, mints, lemon drops, and so forth) to stimulate salivary flow.
5. Use commercial salivary substitutes and oral rinses throughout the day to enhance patient comfort.
6. Avoid frequent between-meal snacks, especially those that contain sugar or carbohydrates.
7. Practice impeccable oral hygiene using a soft or ultra soft toothbrush and floss; use a highly concentrated fluoride toothpaste at least twice per day.
8. Brush teeth after every meal or snack.
9. Use topical neutral sodium fluoride gel in a custom-made tray daily.
10. Coat oral tissues at bedtime with an oral moisturizing gel; swallow the gel to coat and moisturize the throat; Oasis, Oralbalance, Omnia Breath Tech, and Salivart are effective oral moisturizers.
11. Maintain a three-month schedule of professional dental appointments.