

Dry mouth

Causes-

- Dehydration – most common cause
- Medications – next most common cause
- Medical conditions- diabetes, sjogrens syndrome
- Medical treatment- such as chemotherapy or radiation
- Lifestyle- caffeine consumption, smoking

Symptoms-

- Dry and sticky feeling in mouth
- Mouth sores
- Dryness in throat and on tongue
- Burning or tingling of tongue
- Problems with chewing, swallowing
- Bad breath

Treatment-

- Keep well hydrated with water
- Talk to GP in regards to medication review
- Chew sugar free gum
- If very dry- bicarb soda rinses (¼ teaspoon of bicarb in water, use as a mouthrinse)
- Brush regularly with a fluoride toothpaste- spit and don't rinse.
- Use dry mouth products to assist with lubrication of soft tissues- such as biotene, Colgate dry mouth or oral 7 mouth rinse

If you have any questions in regards to your dry mouth or oral health please to don't hesitate to call so we can address any concerns.