

POND SQUARE DENTAL

DRY MOUTH (XEROSTOMIA)

WHAT IS DRY MOUTH?

Dry mouth (xerostomia) occurs when there is not enough saliva to keep the mouth moist. Saliva helps protect teeth, neutralise acids, and keep the mouth clean. Reduced saliva increases the risk of dental problems.

COMMON CAUSES

- Medications (e.g. antidepressants, antihistamines, blood pressure tablets)
- Dehydration (low fluid intake, caffeine, alcohol, illness)
- Medical conditions (e.g. diabetes, Sjögren's syndrome)
- Cancer treatment (radiotherapy or chemotherapy)
- Lifestyle factors (smoking, vaping, mouth breathing)

SIGNS AND SYMPTOMS

- Dry, sticky, or burning mouth
- Difficulty speaking, chewing, or swallowing
- Altered taste
- Cracked lips or sore mouth
- Bad breath
- Increased risk of tooth decay and gum disease

TREATMENT AND MANAGEMENT

Stay hydrated

- Sip water regularly
- Reduce caffeine and alcohol

Stimulate saliva or use saliva substitutes

- Use sugar-free gum or lozenges (ideally with xylitol)
- Sprays, gels, or rinses can help keep the mouth moist, especially at night

Oral hygiene

- Brush twice daily with fluoride toothpaste
- Clean between teeth daily
- Use fluoride mouthwash
- Limit sugary foods and drinks

Lifestyle adjustments

- Stop smoking
- Avoid excess alcohol
- Consider a humidifier at night

Medication review

- Speak to your GP if symptoms started after a new medication
- Do not stop medication without advice

WHEN TO SEEK ADVICE

Contact your dentist or GP if dry mouth persists, worsens, or you notice increased dental problems.

LOVE YOUR SMILE