

The Impact “Dry Mouth” Can Have On Your Oral Health

- Lack of adequate saliva increases risk for cavities.
- Saliva can slow down formation of plaque.
- It can buffer acidity in the mouth.
- Dryness in the mouth contributes to gum irritation and inflammation.
- Consistent thirst can be a sign of uncontrolled diabetes
- Can also be a sign of some other disorders/diseases

Recommendations To Reduce Oral Dryness and the Negative Effects

- Increase consumption of water, preferably tap water (has fluoride), especially after meals.
- Decrease consumption of caffeinated beverages
- Try mouth spray for dryness – Rain by Spry
- Xylimelt adhesive discs
- Xylitol products:
 - Spry gum or mints - 1gm 2 to 4 x a day
 - Spry toothpaste – during day
 - Spry Rinse or spray
- Clinpro 5000 Prescription paste– at night time brushing
- Enamelon remineralizing gel (only available at dental office) – applied before sleep
- ACT For Dry Mouth Fluoride Rinse – use no alcohol mouthwash
- Biotene Toothpaste, Oral Rinse and/or moisturizing gel



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